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Attendance ballooning

EDUCATION

Over-packed school will force students elsewhere

Andrea Ross
Metro | Edmonton

Edmonton Public Schools officials are set to discuss four options to manage the ballooning student population at Michael Strembitsky School.

The south side Kindergarten to Grade 9 school opened in 2012 and is already at capacity, with about 900 students enrolled.

Around 300 students were moved from Strembitsky to area schools last year to deal with space issues, but the problem persists, Edmonton Public Schools spokesman Chris Wright said.

A meeting for parents on Nov. 24 will discuss four options of managing growth and easing

overpopulation at the school. All options include moving children in lower grades to nearby Satou or Ellerslie Campus schools for fall 2016.

“Ultimately, our goal is to always have kids enrolled in a school as close to home as possible,” Wright said. “The options that we put forward are all plausible, we know they’ll all work. We want to ... come up with solutions that are fully informed.”

Edmonton Public Schools made the attendance area smaller two years ago, and requested additional modular classrooms from the province when enrollment hit a high last spring.

Wright said these modular classrooms will soon be installed at the school.


A decision on one of the four options will be made after next week’s public meeting, and the recommendation will be made to the superintendent in December.

“We all have the same goal, which is to make sure students have excellent learning environments,” Wright said.



CHILLING

Man facing four counts of attempted murder after driving his F-150 into an Edmonton gas station [metroNEWS](#)



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5 BARGAINS TO BE HAD FROM SERVICE ALBERTA AUCTIONS

The province occasionally has some great bargains in its online marketplace, launched in 2013. We've found five great items currently up for grabs and spruced up their descriptions. Visit surplus.gov.ab.ca to get into the action!

Brodie Thomas
Metro | Calgary



Bidding History

Current High Bid: **\$100.00**
GWV

Click the Refresh icon to update bid info.

Last 10 Bidders (Total: 6)

Bid	Bidder	Type
\$100.00	GWV	PROXY
\$90.00	SURECAN1	BID
\$75.00	GWV	PROXY
\$65.00	SURECAN1	BID
\$55.00	GWV	PROXY



Bidding History

Current High Bid: **\$500.00**
WILDCAT

Click the Refresh icon to update bid info.

Last 10 Bidders (Total: 1)

Bid	Bidder	Type
\$500.00	WILDCAT	BID



Bidding History

Current High Bid: **\$25.00**
BIZANGEL

Click the Refresh icon to update bid info.

Last 10 Bidders (Total: 4)

Bid	Bidder	Type
\$25.00	BIZANGEL	PROXY
\$20.00	LEGMAKER	BID
\$15.00	BIZANGEL	PROXY
\$10.00	LEGMAKER	BID

1 Ping-pong table

This is quite possibly the best deal on the site. This Sigma ping-pong table has a charcoal-grey finish, giving it a more modern look than the traditional green. Perfect for table tennis or beer pong. It will look great in your basement, until it gets buried in junk and laundry that nobody wants to fold.

2 A cabin

If you've given thought to selling all your possessions and moving to a cabin in the woods, this may be your chance. This quaint cabin (built in 1955) near Lac La Biche features faux wood panelling straight out of your grandparents' basement, a kitchenette and NO bathroom.

3 Pelvic bone model

Halloween is just 346 days away. You'll have the spookiest house on the block with this genuine pelvic bone model, which was used as a teaching aid. Visual condition is reported as good, while working condition is just "fair." You've been warned.



Bidding History

Current High Bid: **\$10.00**
JUNIPER952

Click the Refresh icon to update bid info.

Last 10 Bidders (Total: 1)

Bid	Bidder	Type
\$10.00	JUNIPER952	BID



Bidding History

Current High Bid: **\$120.00**
REBEL15

Click the Refresh icon to update bid info.

Last 10 Bidders (Total: 9)

Bid	Bidder	Type
\$120.00	REBEL15	BID
\$110.00	CAFES234	BID
\$100.00	BARTUK	BID
\$90.00	HANDYGUY	PROXY
\$80.00	BARTUK	BID
\$70.00	HANDYGUY	PROXY
\$60.00	BARTUK	PROXY

4 Luminometer

From the Greek word "lumen," meaning light, this Berthold Junior Luminometer will ... tell you how bright it is outside? We think. OK, we don't know what it does. But for \$10, you'd probably be able to flip it to someone who does for a decent profit.

5 Berkel Meat Slicer

Did you ever go to buy some bologna at the store, but they had only the wimpy thin slices? You'll be able to cut bologna as thick as you want with your new-to-you Berkel Meat Slicer. Its stylish art deco design (because it's probably from the 1950s) means it'll make a great accent in any kitchen. Seller not liable for lost digits.

Auction offers the weird, wonderful

You may be a Kijiji warrior. You may eBay like it's nobody's business. But Albertans may not know of another online auction site with bargains to be had.

Since 2013, the province of Alberta has had its own online auction site to sell off surplus. The site is run by Service Alberta.

The site is easy to maneuver and breaks down the surplus by category. Whether you're looking for kitchen appliances, vehicles, land or even medical equipment, it's there on the site.

Cheryl Tkalcic, assistant director of communications for Service Alberta, said that in the first

six months of 2015-16, more than 1,300 items were sold, bringing in \$1,344,202.

They've sold fire trucks, an antique train caboose, 12 ambulances and six truckloads of kitchen appliances over the past two years.

And among the mundane, you may find one-of-a-kind items. Fancy an eight-foot-high statue of a cow driving a car, titled "Moov-Over?" How about a mounted brown trout taxidermy?

There are rules, of course: surplus supplies are to be sold at not less than market or book value. BRODIE THOMAS/METRO IN CALGARY

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TRANSIT

The day the LRT stood still



Braeden Jones
Metro | Edmonton

Edmonton's LRT screeched to a halt Wednesday night at something resembling the worst possible time and it wasn't fully operational again until almost the same time Thursday.

At 9:40 p.m. Wednesday, shortly before thousands of Oilers fans poured out of Rexall Place looking to go home, the system was shut down as a result of "significant damage to the overhead wiring," according to Ken Koropeski, acting manager of Edmonton Transit.

The damage occurred when a train was going by on a section of track southbound, between 95 Street and Churchill Station, he said.

Wires that feed power to the train came loose from the supports. These were repaired Thursday.

From Wednesday evening to Thursday evening, contingency bus service filled in wherever LRT service was down.

But the larger problem, according to some on social media leaving the Oilers game Wednesday night, is how poorly the city communicated the issue.

Mayor Don Iveson tweeted he was "frustrated to hear so many reports of inadequate info for riders" and he expects better.

Koropeski wouldn't confirm what information was available for the hundreds stranded at Coliseum Station, but he said ETS will "debrief" and review procedures to "do a better job the next time."

"If there are flaws in what we do, we will improve on it."



A coal power plant in southern Alberta. Coal's days are numbered, with the NDP looking to phase out its use. FLICKR/PAUL JERRY

Notley pledges to cushion coal blow

ENVIRONMENT

NDP climate change details are expected within days



Ryan Tumilty
Metro | Edmonton

Alberta's coal-fired electricity plants are on borrowed time, but Premier Rachel Notley is promising that companies and communities dependent on them will be helped through

the coming transition.

The government is expected to release its climate-change strategy within days and Notley made it clear Thursday, as she did during the recent election campaign, that phasing out coal will be part of the NDP strategy.

But she also said no community should bear a disproportionate impact from that policy shift and there would be help available.

"It's a question of at what

\$10

The Alberta Party proposed a \$10-per-tonne consumer carbon tax as part of its plan for climate change released Monday.

point does the government have to move to soften the blow and there are a number of different approaches," she said.

It's also a question, Notley said, of perspective: "People often fail to recall that under the current federal regulations, 12

of our 18 coal plants will be phased out already, by the early 2020s."

According to the Alberta Electric System Operator, 43 per cent of the province's elec-

tricity currently comes from coal generation, making it the largest provider of power for the province. Natural gas is close behind at 40 per cent, with wind and hydro making up small percentages.

In Grande Cache, Mayor Herb Castle said his community would feel the pain if coal is phased out.

"It certainly would be difficult," he said. "The town was founded on coal."

Notley declined to say if her government's plan would also have a carbon tax, but she promised to release details before the Paris climate talks next month.

CRIME

Driver accused of attempted murder



Andrea Ross
Metro | Edmonton

A driver accused of sending four people to hospital after crashing his truck into a convenience store Wednesday is facing four charges of attempted murder.

Edmonton police arrived at a Petro-Canada gas station at 96 Street and 118 Avenue just before noon Wednesday and found a Ford F-150 lodged into the storefront.

Police say the driver, 38-year-old Steven Cloutier, intentionally drove the truck through the front windows after staff told him he needed to pre-pay for his fuel.

A male and female store employee were pinned under the truck and taken to hospital with serious injuries.

Police say Cloutier then got out of his truck and assaulted two female employees before leaving the store.

Cloutier was arrested when he returned to the scene.

Police say alcohol is not believed to have been a factor in the crash.

Cloutier is charged with four counts each of attempted murder, assault with a weapon, dangerous driving causing bodily harm and two counts of assault.

The male and female gas station employees remain in hospital in serious but stable condition.

The other two female employees were treated for non-life-threatening injuries and released from hospital.

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SUPPLIED

Office space being built amid high vacancy rate

DEVELOPMENT

Landlords are investing in improvements to draw tenants



Ryan Tumilty
Metro|Edmonton

Developers are building more than one million square feet of new office space that's set to hit the Edmonton market by next year, while the office vacancy rate already eclipsed 11 per cent this past summer.

But despite what may appear as a glut of new space concentrated downtown, some experts

say the space doesn't have to cause major economic pain if property owners are prepared to invest in their space.

Cory Wosnack with real estate firm Avison Young said the high vacancy rate is already forcing landlords to improve their space and not just lower rents, which he said is a good sign overall. "That is a big improvement in the behavior of the local marketplace. Organizations are now prepared to pay for quality," he said.

Both the City of Edmonton's office tower and the Kelly Ramsey Building are scheduled to open next year, potentially flooding the market, but Wosnack said the Stantec tower is several more years off.



That is a big improvement in the behavior of the local marketplace. Organizations are now prepared to pay for quality.

Cory Wosnack

"It's five years away. It's plenty of time for the local economy and the market place to change," he said.

Edmonton Economic Development Corporation president Brad Ferguson said making sure the added space doesn't become a drag on the economy is a priority for his organization.

"We have a downtown team that's really looking at making sure we build a vibrant downtown economy," he said.

Ferguson said EEDC has examined other cities, where vacant offices were converted into dance- or yoga-studios and other creative options, for ideas.

"We're constantly in the business of trying to allow those creative solutions to come to market," he said.

Ferguson also said EEDC is encouraging owners of lower quality vacant office space to consider setting up co-working locations.

"That demand for shared space continues to go up."

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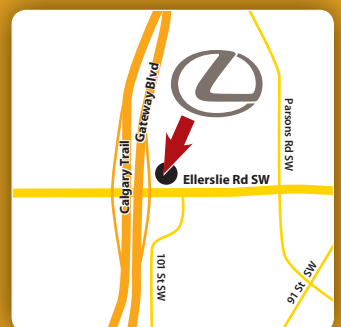
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Notley calls for refugees to be 'meticulously screened'

SYRIA

About 1,000 expected to be settled here



Ryan Tumilty
Metro | Edmonton

Premier Rachel Notley said Thursday Alberta has a doors-open policy to Syrian refugees but is asking the federal government to ensure the people the province takes in are "meticulously screened."

Notley made the comments in a speech to the Alberta Association of Municipal Districts and Counties in Edmonton, and said the province will likely take in 3,000 refugees from Syria as part

of Prime Minister Justin Trudeau's proposal to bring in 25,000 refugees before the end of the year.

Mayor Don Iveson has told other media Edmonton's share of the 3,000 refugees will be about 1,000 people.

Saskatchewan Premier Brad Wall has controversially called for Trudeau's plan to be slowed down.

For her part, Notley said she wants to make sure no violent criminals come in with the refugees.

"We will be asking the federal government to outline their screening practices," she said.

Notley stressed any reservations should not stop refugees from coming to Alberta.

"It's not a case of saying that because there is a potential of some person to swoop in that we should therefore

not accept them," she said.

In a letter to school boards released on Wednesday, Education Minister David Eggen told schools they could expect refugee children as students soon.

Notley said the government is already working with agencies to prepare for their arrival.

"We supported that position during the federal election and so we support carrying on and we have met with stakeholders across the scope of this issue in Alberta."

Notley, who began her remarks by offering condolences to the victims of attacks in both Paris and Beirut, said closing borders to refugees would not guarantee the country's safety, pointing out that the Paris attackers appear to have largely been French citizens.



Premier Rachel Notley speaks to delegates at the Alberta Association of Municipal Districts and Counties on Thursday. RYAN TUMILTY/METRO



We will be asking the federal government to outline their screening practices.

Rachel Notley

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Nenshi, Iveson to pitch cities to cabinet

Alberta's big-city mayors will get a chance to make their case directly to the provincial cabinet early next year.

Mayor Don Iveson and Calgary Mayor Naheed Nenshi both met with Premier Rachel Notley on Wednesday and Notley committed to allowing them to make presentations to her full cabinet early next year.

Notley said the city charter discussions cross a range of government departments and

it's important that the mayors be at table.

"The issue of the charter, as I said before, it goes to a number of critical functions that both the city and the province, roles that we play that sometimes overlap," she said.

"We need to ensure that the ministers have buy in and engagement, so I thought it was a great opportunity to have the cabinet hear from both the mayors." RYAN TUMILTY/METRO

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New sitcom has fresh take

ENTERTAINMENT

Family-friendly online TV show pokes fun at stereotypes

Michelle Falk

For Metro | Edmonton

Delmer and Marta is not a sitcom about indigenous people.

Rather, it's just a show that will make you laugh, with indigenous characters.

Howie Miller — an internationally successful Edmonton-based comedian who identifies as Cree, from the Paul Band, west of Edmonton — said the aim of the new sitcom, set to air on APTN in the new year, is to be “more generic.”

“There's also the side of us that's just like everybody else,” he said, adding that not every show with indigenous content has to be about addressing “native plight.”

Miller co-stars as Marta, co-produces and writes the series, along with other local celebrities



Local comedians Howie Miller and Sheldon Etler from their new sitcom *Delmer and Marta*.

COURTESY ABORIGINAL PEOPLES TELEVISION NETWORK

ties including Sheldon Etler, who plays Delmer and his son, Todd Houseman.

He said the family-friendly show is essentially making fun of indigenous stereotypes.

“I think the importance of it is to really open up Canada's eyes, the viewing public, to say,

it's not all what you think it is, whatever your stereotype is,” Miller said. “We're normal. We're funny.”

Jesse Lipscombe, partner and executive producer with the Mosaic production company, who is helping to bring the show to life, compared the new sitcom

to the *Cosby* Show in that way — “having a loving couple that happens to be aboriginal and happens to have come from the reserve, but that's not what the show is about.”

The comedy deals with everyday issues.

Miller developed the Marta

“My admiration or appreciation for women wearing bras is so high — but it's a great place to put my cell phone.”

Howie Miller

character through his sketch comedy.

“My admiration or appreciation for women wearing bras is so high — but it's a great place to put my cellphone,” he said.

Lipscombe said one of the things they pride themselves on is that they “deal with real issues” but they handle them with humour.

“What is neat about the show is that we have a mainstream family show that we have a transgender relationship. And the fact that it doesn't matter, matters so much,” he said.

“Our main goal is to have 22 minutes per week where people can laugh and rejoice and just have fun,” said Miller.

LANGUAGE

Court to decide whether Alberta requires French

The Supreme Court of Canada is set to rule Friday on whether Alberta is required by the Constitution to enact its laws in both English and French.

The court will weigh in on the cases of two Alberta men charged with offences under the province's Traffic Safety Act, which was passed only in English.

Alberta motorist Pierre Boutet was given a traffic ticket in 2003 and argued it was unconstitutional because the law was not enacted in both languages.

Boutet's case was later joined with that of Gilles Caron, which raised the same issues over another traffic offence.

Caron's lawyer, Roger Lepage, has argued the case also has implications for people in Saskatchewan, where language laws are similar to Alberta's.

Lepage also said French speakers shouldn't have to assimilate in Western Canada. THE CANADIAN PRESS

Snowflakes are Falling

at the Muttart Conservatory

A Canadian winterscape in poinsettias and glittering snowflakes.

Edmonton

Feature Pyramid Show

Snowflake Sunday
Dec. 13, noon–4pm

Holiday Traditions
Dec. 17, 6–8pm

Countdown at the Conservatory:
Dec. 31, 10am–2pm

muttart conservatory

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Feeding people one jar at a time

COMMUNITY

Tomato sauce sales benefit non-profit



Braeden Jones
Metro | Edmonton

Two Edmonton companies are running with a saucy idea to feed those in need for the second year, and hope to take it even further.

Like last year, homemade tomato sauce sales from Famoso Neapolitan Pizzeria will directly fund meals delivered by non-profit organization Mealshare.

It's that simple, said Mealshare founder Jeremy Bryant.

"They are selling Campania tomato sauce at each location, and for every jar sold, Mealshare provides one meal to a person in need in the community," he said. "Beyond that, they are also donating all of the funds to go towards Mealshare as well."

Last year, about 6,000 jars meant as many meals delivered to people in need, plus almost \$17,000 donated to Mealshare, and Bryant hopes to see "even more this year."

"Famoso has really been leading the charge on doing extra things and innovating campaigns," he said. "Mealshare and Famoso were both started



For every jar sold, Mealshare provides one meal.

Jeremy Bryant

in Edmonton, and they are so supportive of helping a home-grown organization expand and have a bigger reach."

He said the beauty of the Campania campaign is that people can contribute doubly to Mealshare by just buying a "delicious sauce."

"The tomatoes are the best in the world. The sauce is just two ingredients, tomatoes and sea salt; it's so good," he said.



Jeremy Bryant displays the tasty sauce that helps Mealshare twice with a single purchase. KEVIN TUONG/METRO EDMONTON

WEATHER

First snowfall leads to 32 collisions across city

Edmonton commuters and police braced themselves for a busy day following the city's first snowfall.

Around one centimetre of snow coated city streets overnight Thursday, resulting in slick conditions for morning commuters.

From 6 a.m. to 3 p.m. Thursday, 32 collisions were reported to the Edmonton Police Service. Eight of these collisions resulted in injuries and one was a hit-and-run.

"Today is a wake-up call for Edmonton to start to be prepared for winter driving," Sgt. Steve Sharpe said. Sharpe said drivers should be adjusting their driving conditions for winter, starting now.

ANDREA ROSS/METRO

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BUSINESS

Eco-friendly restaurant opens in south

Lucy Haines
For Metro | Edmonton

Is it possible to counter the usually large carbon-footprint of a fine dining restaurant by setting it in a net-zero building?

Paul Shufelt is sure going to try with his new spot, The Workshop Eatery, in Edmonton's deep south.

The long-time local chef opens his first solo effort this week with a focus on green, both on the plate and the carbon footprint.

As original and anchor tenant of Mosaic Centre for Conscious Community and Com-

merce, Shufelt has been able to incorporate eco-friendly principles into his 2,050 square-foot, 70-seat eatery — big windows, a 650 square-foot 'front yard' outdoor garden and bee hives on the roof.

The simple menu also focuses on seasonal and regional foods from area producers—Riverbend Gardens, Doef's Greenhouses and Irving Farms among them.

"I just loved this building but hated where it was," said Shufelt.

"As a chef, I always question, 'Is there a better way to do this? How can we become more efficient?' It's a work in progress—to produce all the



I hope people who know me will come see me.

Paul Shufelt on his new Workshop Eatery

energy we consume."

Shufelt said kitchen waste will be separated and sent to a local farm for composting, bottles and cans will be hauled to the recycling station and the coffee will be an espresso.

"The budget for the kitchen was five times what the building allowed. So we opted for an espresso machine rather than

the 'energy pig' coffee maker, and rely on a circulator rather than keep three or four ovens running overnight," he said.

Shufelt admits that while the optics of driving to a 'green' restaurant (it's 20 minutes from downtown) may seem odd, tenants in the building practice what they preach.

Signs encourage commuting, car-pooling and bicycling: there's even a charging station for electric cars in the parking lot and an on-site bike room.

"It's an under-served part of the city. I hope people who know me will come see me, and that I'll make connections in this neighbourhood," he said.



Preserves are shelved at The Workshop Eatery, a new concept with a greener footprint. COURTESY PAUL SHUFELT

ENVIRONMENT

Wildrose slams strategy

Alberta's opposition leader is accusing Premier Rachel Notley's New Democrats of letting Ottawa push the province around on its climate-change strategy.

Wildrose Leader Brian Jean noted in question period that federal Environment Minister Catherine McKenna is promising that a new national target for greenhouse-gas reductions will soon be set in consultation with the provinces.

"Why should Ottawa be allowed to interfere with how we run our industries?" Jean asked Notley.

"A Trudeau government interfering in Alberta's oilpatch. Now where have I heard that story before?" added Jean, who was referring to former prime minister Pierre Trudeau's national energy program in the 1980s.

Other provinces seem to have more clout with Ottawa, suggested Jean, who noted that Montreal was allowed to dump raw sewage into the St. Lawrence River, but Alberta is pilloried for its environmental record.

"Why does the premier continue to stand by and let Alberta be pushed around by Ottawa?"

Notley hotly disagreed. She said that while the federal government has a say on environmental rules, "if we do our homework, they'll stay out of it."

"We're doing our homework (by preparing a new climate-change strategy) after those folks over there stuck their head in the sand and tried to pretend there was no problem," said Notley of the Progressive Conservatives who were defeated in last spring's election.

"Alberta's energy products won't see new markets if we continue to follow (the Wildrose) denial-dinosaur approach on climate change."

THE CANADIAN PRESS

Bill proposes to protect transgender expression

HUMAN RIGHTS

Legislation would make discrimination against the law

Alberta has put forward legislation to prohibit discrimination based on gender identity and gender expression.

The changes are part of a bill introduced Thursday that, if passed, will become part of the Alberta Human Rights Act.

"No Albertan should be denied basic services for being true to themselves," Justice Minister Kathleen Ganley told reporters.

"This change will increase access to justice and make it clear that discrimination on the basis of gender identity and gender expression is against the law."

Once the bill passes, Alberta will join Saskatchewan, Prince Edward Island, Nova Scotia, Newfoundland and Labrador, Ontario, Manitoba, and the Northwest Territories, which have similar bans in place.

Gender identity refers to how a person views him or herself. Gender expression is the way people express their gender, such as through dress, demeanour and behaviour.

Ganley said consultation on the bill reinforced concerns that transgender Albertans face discrimination and threats to their well-being.

"(They) continue to be a highly marginalized group within society," said Ganley. "I heard several stories of discrimination: difficulties finding a job, difficulties maintaining employment, or even



The transgender flag flies in San Francisco. FLICKR/TORBAKHOPPER

being accepted into a workplace.

"We heard stories of safety concerns in shelters and difficulty obtaining proper medical assistance."

Aria Ehren, a transgender rights activist from Calgary, characterized it as a milestone day for the province.

"I know I'm far from the only trans-person in this province feeling a little more optimistic about the world today," said Ehren. "There's an overwhelming feeling at times that our existence is an inconvenient fact that the world would rather not face."

"We have been discriminated against, mistreated, shut out, denied, ostracized, fired (and) threatened. There's been little to no recourse because the institutions we would go to for support and for justice are rarely any better informed or mannered. This must improve."

Angela Reid with the Trans-Equality Society of Alberta said they are now ready to take the next step.

"(The society) remains committed to working with community members, legislators, and other stakeholders to make these rights effective in practice and not just on paper, lest we remain in the



I heard several stories of discrimination: difficulties finding a job, difficulties maintaining employment, or even being accepted into a workplace.

Justice Minister Kathleen Ganley

current environment of rights without remedy," said Reid.

Opposition Wildrose Leader Brian Jean said the bill has support from both sides of the house.

"Bill 7 clarifies in writing what is already recognized by the courts concerning gender identity and expression," Jean

said in a statement.

"The aim of this legislation, to ensure that everyone has clarity over what rights are protected under the Alberta Human Rights Act, should be applauded. I am confident it will be passed with support from all parties."

THE CANADIAN PRESS

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A bright night for 124 St.

EVENTS

City's most interesting person shares weekend plans



HOW TO DOUGLAS

Douglas Dollars

ALL WEEKEND:

Tête Jaune returns for its second year of showcasing fine design work of the Canadian Prairies. The show runs all weekend, and continues on from Nov. 25 through Dec. 19 at dc3 Art Projects (10567-111 St.).

FRIDAY:

The Tête Jaune launch party opens at dc3 Art Projects from 6 to 10 p.m., with a chance to say hello to designers from the Prairie provinces, look at the beautifully designed objects they've created and sip a nice drink. With so much modern design influence remaining generic and coming from the likes of IKEA, this showcase helps define our collective Prairie aesthetic.

CANADIAN ARTS

Spreading word of the Prairie design aesthetic

Brandon Webber, co-creator of the Tête Jaune Western Canadian Design Show, was available to tell me a bit more about putting together this year's month-long event.

Tête Jaune has expanded this year into a month-long exhibition of the pieces. What new or surprising things can people expect from this year's crop?

Returning to the downtown core at 9 p.m. for the All Tease All Shade: Teasing in the Streets cabaret at Evolution Wonderlounge (10220-103 St.) will treat you to one of the city's least known but well-regarded burlesque and drag shows.

SATURDAY:

A personal yearly tradition returns — attending All is Bright on 124 Street. Between 3 and 8 p.m., street performers, horse and carriage rides and ice carving fill the street, and for a brief time Edmonton is a winter carnival. Further east, on Jasper and 99 Street, is Santa's Parade of Lights beginning at 4:30 p.m.

The Fine Art of Schmoozy is the Latitude 53 gallery's gala fundraiser at 10242-106 St., starting at 9 p.m. This year's theme is inspired by the glamorous world of international super-spies, so come dressed to kill.

A few blocks south at Brixx (10030-102 Street), also at 9 p.m., is a chance to see the musicianship of Faith Healer, Marlaena Moore, The Archaics, and Counterfeit Jeans. These four bands are each worth the cost of admission alone, and each



more than capable of knocking your socks off.

SUNDAY:

Both the Royal Glenora Club Annual Christmas Gift Show at 11160 River Valley Road and the Vixens of Vintage Holiday Market at 10440-108 Ave. are open all day, offering an early chance to get some of those holiday gifts and vintage finds.



Last year's Tête Jaune exhibition. SUPPLIED/ANDREW BENSON

This year's show features goods from designers beyond Edmonton, including work from Greater Alberta, Saskatchewan and Manitoba. We were super fortunate such great work was sent in from across Western Canada and we can't wait to show it. Our aim has been to spread the awareness of design from the Prairies and encourage local designers who call this

place home — this show is a step towards our bigger vision for doing this outside Edmonton.

You've received criticism for good intentions but perhaps not perfect execution on the usage of the name Tête Jaune. Any thoughts?

We care about being part of deepening our understanding of what it means to be people from

the Prairies, especially through the lens of design. We used Tête Jaune as a name for the show because we believe the story connects us across the Prairies.

We were told we needed to do better when it comes to sharing other people's history, and we're grateful for that. Since then we've gone about trying to do better, and it's led us to great places.

We actually got to communicate with direct descendants of Tête Jaune from the Hinton/Grande Cache area, and they were really excited we wanted to help tell their story. We're definitely not going to make everyone happy with what we do, but we feel participating in positive discussions about history and identity are important.

DOUGLAS DOLLARS/FOR METRO

POWDERKEG LOUNGE

Hepatitis outbreak at resort

Alberta Health Services has issued a public alert after a lounge worker at the Lake Louise ski resort was confirmed to have hepatitis A.

The liver infection is highly contagious and can be spread through food and water.

Health officials say customers who consumed food or drank hot beverages at the Powderkeg Lounge in Lake Louise between Nov. 6-8 may have been exposed.

Alberta Health Services is offering a vaccine to those people.

The health agency says patrons who consumed cold beverages are not at risk of exposure and do not need a vaccine.

Clinics are being held in Calgary and Banff in the next couple of days — the vaccine is only effective if administered within two weeks of exposure.

"While we believe the risk to the public is low, hepatitis A is a serious infection," Dr. Judy MacDonald, medical health officer for the Calgary zone, said in a release Thursday.

"A vaccine administered within 14 days of exposure can greatly reduce the risk for patrons who consumed food or hot beverages at this location during this time frame."

Symptoms may include tiredness, poor appetite, nausea, vomiting, abdominal pain and fever. An infected person's urine will turn dark and the eyes and skin will turn yellow.

Some people, especially young children, may have hepatitis A infection without any symptoms, but they are still infectious.

Risk of transmission is reduced through thorough washing of hands with soap and water after using the bathroom and before preparing or consuming foods.

Lake Louise is about to host World Cup men's and women's downhill ski races.

THE CANADIAN PRESS

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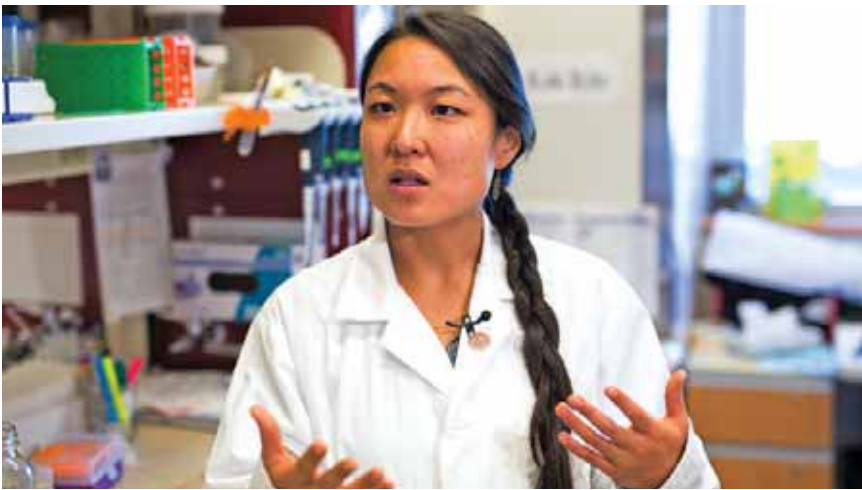
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Lian Willetts earned second place at the Falling Walls Lab, an international conference of scientists and innovators. KEVIN TUONG/FOR METRO

U of A's research among world's best

PROSTATE CANCER

Scientist takes second prize at conference in Germany



Andrea Ross
Metro | Edmonton

A University of Alberta researcher's efforts to make quality of life better for prostate cancer sufferers has earned her a top rank among the world's best scientists.

Lian Willetts took the second prize out of 100 scientists at the Falling Walls Lab this month in Berlin. The conference offers top talent from across the world in science, innovation and entrepreneurship a chance to pitch their ideas.

Willetts, a postdoctoral fellow from the university's department

of oncology, claimed one of the top spots for her work in creating a non-invasive blood test that determines whether prostate cancer patients have aggressive or non-aggressive cancer.

"Our current diagnostics are very invasive, and our current treatment is very aggressive," Willetts said. "But the diagnostics doesn't predict whose cancer is going to spread, and our treatments don't prevent it. So these are some of the walls we're trying to break."

Much of Willetts' research focuses on metastasis, or the spread of prostate cancer to other areas of the body. Three out of 100 men will die of prostate cancer that spreads, she said, and more than a third of newly diagnosed cancers in North America are prostate cancer.

A simple blood test could increase quality of life for prostate cancer sufferers by determining which of them have aggressive cancer, therefore helping doctors avoid unnecessary treatments

"The best thing about our test is that we can provide an accurate and predictive diagnostic."

Lian Willetts

and help alleviate side effects in patients.

The blood test is expected to be available for clinical use within the next few years.

"Men don't die of prostate cancer that stays in the prostate, they die when the prostate cancer starts to spread from their prostate to their lymph nodes," Willetts said.

"The best thing about our test is that we can provide an accurate and predictive diagnostic for patients, so we can focus on the patients who are going to be developing invasive disease."

What is the Snow Day in your Neighbourhood?

The City of Edmonton will be blading neighbourhood roads on a set day again this year. That means that just like your waste pick-up schedule, **the day of the week that crews will blade residential streets will be the same throughout the snow season.**

Knowing when winter roadway maintenance will happen means you'll know when to move your vehicle so that crews can do the best job possible, and can help you avoid getting your car stuck behind a windrow!

You'll be able to find out which day of the week has been chosen for your area when the City of Edmonton announces its first blading cycle. You can visit www.edmonton.ca/winterroads at that time to use the interactive map or call 311.

Please remember that crews work around the clock during blading, and can be on your street at any time during the 24 hours designated. If crews are unable to complete your area on your designated day, they will be back on the weekend to finish the work.



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Duffy's friend takes stand

IN COURT

Contracts and payouts discussed at senator's trial

Gerald Donohue wasn't a professional speechwriter or researcher, didn't have any particular public policy background and wasn't the employee or officer of any company.

But over the span of three years, the longtime friend of Sen. Mike Duffy took in roughly \$65,000 in taxpayer money for a variety of contracts, directing the money through a firm owned by his wife and son.

He also signed several cheques on behalf of the firm to other individuals and companies that Duffy wanted paid for Senate work — an intern, a makeup artist, speechwriters.

Donohue's

testimony Thursday marked the winding down of the Crown's fraud, breach of trust and bribery case against Duffy. The senator has pleaded not guilty to all 31 counts.

The Crown alleges the \$65,000 in contracts awarded to Donohue was used as a slush fund for Duffy to pay for services that wouldn't pass muster with the Senate.

By video link from his home in an Ottawa suburb, the witness answered prosecutor Mark Holmes' questions about his relationship with Duffy. The two met in the late 1980s at local Ottawa TV station CJOH — Donohue was a human resources manager, Duffy a host.

Over the years, the two men kept up a friendship of sorts.

Donohue was a sounding board for Duffy, who would call to talk to him about a variety of issues.

After Duffy entered the Senate, Donohue said Duffy continued to pick his brain — this time for



Sen. Mike Duffy makes his way to the courthouse as his trial resumes in Ottawa on Thursday.

ADRIAN WYLD/THE CANADIAN PRESS

pay. He was asked to research the aging population, which he did on the Internet, or to come up with ideas for a speech on why Duffy was a Conservative.

Donohue conceded that he signed cheques to other Duffy

service providers, even though he had no signing authority at the firm. He also revealed that those cheques were written off by the family companies, first called Maple Ridge Media and then Ottawa ICF.

Donohue said he got upset with the Senate administrators in 2012 when they refused to stop sending cheques to him personally, rather than to the firms.

THE CANADIAN PRESS

POLITICS

MP denies that he used slur

A Conservative MP from Saskatchewan says he denies calling a provincial NDP candidate a "whore."

A reporter from Moose Jaw posted a month-old video online Thursday that shows Tom Lukiwski urging his supporters to help Saskatchewan Party legislature member Greg Lawrence in April's provincial election.

Lukiwski is heard to say: "We've got to get Greg back elected. He's too important of an MLA to let go down to an NDP whore just because of a bad boundary."

A debate broke out on Twitter as to whether he said "whore" or "horde," meaning a large group or gang. Lukiwski said it was the latter.

"At no point did I use any sort of profanity to describe the NDP," he said in a statement. Lukiwski added he reached out to the NDP candidate, Karen Purdy, to assure her of that.

Purdy said she believes Lukiwski used "whore" and wants an apology.

THE CANADIAN PRESS

\$65K

Amount of the contracts awarded to Sen. Mike Duffy's friend Gerald Donohue over three years.

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The Leviathan II waits to be towed into Tofino, B.C., from near Vargas Island, B.C., in October.
THE CANADIAN PRESS FILE

Whale-watcher's body recovered

LEVIATHAN II

Surfers find man's remains on beach at Vargas Island

The body of an Australian man has been found off Vancouver Island's west coast, bringing to six the number of people who are confirmed dead after a whale-watching boat flipped on Oct. 25.

The BC Coroners Service said Thursday the body of 27-year-old Raveshan Morgan Pillay was recovered on the shore of Vargas Island, not far from Tofino, B.C.

Twenty-seven tourists and crew were tossed into the water, about 15 kilometres northwest of the tourist town, when a wave broadsided the Leviathan II, a 20-metre whale-

watching boat.

The five people who were confirmed dead on the night of the incident were all from the United Kingdom and ranged in age from 18 to 76.

An extensive search for Pillay turned up nothing until surfers reported finding a body Wednesday night on a beach on Vargas Island, close to where the vessel flipped over.

Tofino Mayor Josie Osborne said Pillay's family travelled from Sydney to Tofino after the accident, but returned to Australia last week.

"(We're) just thinking a lot about his family and friends and the whole incident, and also mindful about all the people who were involved in

the search for him," said Osborne on Thursday. "And also the sense of anxiety that they might be feeling, too, about just confirming."

The Coroners Service, Transportation Safety Board and RCMP are continuing to investigate the incident.

Life jackets were not required on the vessel and it appeared the tourists were not wearing them at the time the boat capsized, an initial coroner's investigation found.

Pillay's family told the community they had experienced "kindness after kindness" in a thank-you letter published in the local newspaper after their departure.

THE CANADIAN PRESS



Nobody is to blame. We lost our son, but we only lost his physical body. His spirit is here.

The family of Raveshan Morgan Pillay



BUSINESS FROM DAY ONE

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Managing financial affairs and brokering sound business partnerships are all in a day's work for Justin Nand (Finance '13), President of NAIT's Students' Association.

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FAITH

Hijab Day targets misconceptions

Members of Halifax's Muslim community are confronting misconceptions about their faith by holding an information session about the hijab this weekend.

Anyone who stops by the Halifax Central Library for Hijab Day on Saturday will be invited to try one on.

Abdelkader Tayebi, imam for the Ummah Mosque in Halifax, says he hopes the first-person experience will help people better understand those who wear the hijab, which covers

the head and neck but not the face.

"It's no longer something that is related to a minority or a couple of people, so it has surfaced as a matter of concern to Canadians," he said. "It's being seen as something imported from outside, from the Middle East, whereas it is now a Canadian thing."

Tayebi says there are many mistaken ideas surrounding the hijab, including the notion that men are forcing women to wear them. THE CANADIAN PRESS

CELEBRITY

Trudeau making fans swoon abroad

Justin Trudeau was mobbed by a crowd of several hundred shrieking fans at the APEC summit in Manila, Philippines, in a scene more fitting a rock star than a political leader.

The celebrity appeal of Canada's new prime minister was on full display Thursday as men and women crowded around Trudeau, hoping for a glimpse, a handshake and a snippet of video on their phones.

"He so handsome," said one young fan. "He's like Superman," said another.

His appeal to local residents appeared to have little to do with his government policies

or his famous father. Instead, it seemed they just like his looks.

"He makes us swoon," said Chin-Chin Domingo, who used the Tagalog word "kilig" to describe Trudeau's effects on the crowd. "It's butterflies in the stomach. That's how we feel."

Jono Lyn Cadayong was exuberant after getting a handshake from Trudeau. "I'm speechless. He has nice eyes. I will not wash my hand."

Squeals signalled Trudeau's arrival at a media briefing room where he held a news conference to conclude his day at the APEC summit.

TORSTAR NEWS SERVICE



Fans greet Prime Minister Justin Trudeau in Manila, Philippines on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS



Syrian refugees gather outside their embassy waiting to apply for passports or to renew their old ones in Amman, Jordan, in September. Some of them may be among the 25,000 people resettled in Canada. RAAD ADAYLEH/THE ASSOCIATED PRESS

Government hunts for winter housing

REFUGEES

Notice seeks temporary sites for 500 to 3,000 people

The federal government is searching for temporary winter housing for thousands of people across Canada days before the expected unveiling of its plan to bring in 25,000 Syrian refugees by year's end.

Public Works and Government Services is establishing a list of facilities that can provide winterized housing at various

sites across Canada.

The sites will have to accommodate between 500 and 3,000 people for as long as three months, according to a notice posted Thursday morning.

"The Government of Canada is seeking interested companies that have the capacity, capability and availability to provide leasing, management and servicing of temporary winterized lodgings for groups of 500-3,000 people by early December 2015 at sites to be confirmed," the notice reads.

It's not yet known if the request is specific to the needs of the expected refugees. The Public Works employee respon-

sible for the notice refused to comment.

But the notice states the government requires lodging for both individuals and large families for up to three months, beginning next month. The timing and the requirements strongly suggest a temporary refuge for people fleeing Syria's bloody civil war.

The sites must be completely self-contained, including energy generation, sewer, and waste management, and provide space for an information centre and offices for management personnel, among other requirements.

TORSTAR NEWS SERVICE

PREPARATION

Saskatchewan to set up settlement centre

Days after Saskatchewan Premier Brad Wall said Ottawa should suspend its plan to bring in 25,000 Syrian refugees, his province will establish a refugee settlement centre to co-ordinate the arrival of refugees.

The premier says it's important to ensure that refugees make a successful transition to life in Canada.

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French gendarmes enforce the **Vigipirate plan**, France's national security alert system, throughout Paris. France revealed on Nov. 19 it will spend an extra 600 million euros (\$641 million US) next year to ramp up security after the Paris attacks. President Francois Hollande announced this week that France is freezing plans to cut troop numbers through 2019. At the same time, the country will add 8,500 law enforcement jobs including 5,000 new police. AFP/GETTY IMAGES

Opera brings warmth to France's dark hour

Paris Toronto-based performers set for opening of Versailles show



Marco Chown Oved
IN PARIS

Barely 48 hours after the horrifying attacks in Paris, members of Toronto's Tafelmusik Baroque Orchestra and Opera Atelier dance company faced a

very difficult choice.

Their presentation of Jean-Baptiste Lully's 17th-century opera, *Armide*, was scheduled to go forward at the Chateau de Versailles just outside Paris, but the companies weren't going to force anyone to get on the plane.

Overcoming their fears, in a show of solidarity, and as a measure of their professionalism, every single one of the 75 musicians, dancers and technicians boarded that flight.

"When we started hearing the news, it was panic in the early hours, the borders are closed and a state of emergency. Everyone was concerned," said ballet dancer Jennifer Nichols.

"I think everyone, unanimously ... said we're doing this together"

Ballet dancer
Jennifer Nichols

"But once we heard that the company was moving forward with the tour, ... we wanted to be in solidarity with the French people."

"There was a lot of trepidation," agreed Lucas Harris, who plays a type of lute called a the-

orbo. "But everyone else was going and we didn't want to let them down."

Harris and his wife, Genevieve Gilardeau, who plays violin in the orchestra, went one step further than most of their colleagues: they also brought their four-year-old daughter, Daphnée.

"All the extra security makes us a little uncomfortable," said Harris. But in the week of rehearsals since their arrival, they haven't regretted the choice.

The Toronto performers are now ready for opening night Friday, a performance that's being dedicated to the victims at the Bataclan concert hall.

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Saudis try to unite Syrian opposition

MILITARY RESPONSE

Earlier summit failed to select groups to leave out of ceasefire

Saudi Arabia will host a conference in mid-December to try to unite the Syrian opposition ahead of new peace talks, a key issue in efforts to end the nearly five-year civil war, the country's UN ambassador said Thursday.

Saudi Ambassador Abdallah Al-Moualimi said his country will be trying to bring different strands of the opposition "together for a united voice."

Last Saturday, foreign ministers from about 20 nations agreed in Vienna to an ambitious yet incomplete plan that sets a Jan. 1 deadline for the start of negotiations between Syrian President Bashar Assad's government and opposition groups. Within six months, the negotia-



Syrian President Bashar Assad HANDOUT/AFP/GETTY IMAGES

tions are to establish a "credible, inclusive and non-sectarian" transitional government that would set a schedule for drafting a new constitution and holding a free and fair UN-supervised election within 18 months.

Neither the Syrian government nor opposition groups were present at the talks, which brought together the main foreign backers of both sides.

Staffan de Mistura, the UN special envoy for Syria who represented the UN at the Vienna

talks, told reporters that a ceasefire in Syria is now more likely because the countries participating in talks in Vienna "have an interest in seeing a ceasefire taking place." THE ASSOCIATED PRESS

+ WAR IN SYRIA

The war in Syria has killed more than 250,000 people and left 11 million uprooted from their homes.

TERRORISM

Female jihadists exist, too

The woman who blew herself up with an explosive vest in a suburban Paris apartment during a police operation Wednesday was far from the world's first female suicide bomber.

In the Palestinian territories, about a dozen women have carried out suicide attacks against Israelis since 2002 — including 27-year-old paramedic Wafa Idris, who blew herself up in downtown Jerusalem on Jan. 27, 2002. It was unclear if she planned to commit suicide.

Kurdish women have carried out several suicide attacks in Turkey since the 1980s, as

have female members of leftist groups in their campaign against the government. The most recent attack occurred on Jan. 6, when a Turkish leftist group claimed responsibility for a suicide bombing at an Istanbul police station that killed an officer and wounded another.

Two female suicide bombers from Chechnya — belonging to a group known as the "black widows" in Russia — were to blame for the 2010 bombings of the Moscow metro, which killed some 40 people.

THE ASSOCIATED PRESS



Iranian students fill in registration forms indicating their readiness to carry out suicide attacks. THE ASSOCIATED PRESS FILE

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Migrants wait to cross the Greece-Macedonia border, near the village of Idomeni. Countries along the migrant route through the Balkans have begun tightening restrictions on the wave people crossing their borders by allowing entry only to those fleeing war. SAKIS MITROLIDIS/AFP/GETTY IMAGES

Closed borders in Balkan countries create pileups

REFUGEE CRISIS

Thousands of 'economic migrants' stuck between nations

Most nations along Europe's refugee corridor shut their borders Thursday to those not coming from war-torn countries such as Syria, Afghanistan or Iraq, leaving thousands of others seek-

ing a better life in the continent stranded at Balkan border crossings.

The overnight decision triggered the domino effect that both asylum-seekers and European nations had feared given the record number of people fleeing to Europe this year, and new fears after the deadly Paris attacks of possible militants coming in with refugees.

Macedonia, Serbia, Croatia and Slovenia weren't allowing in the so-called economic migrants



They won't let my family across. We have no money, and we're waiting without any idea of what is to happen.

Mohammed Mirzam

whose countries aren't shattered by armed struggles and wars.

In the Greek village of Idomeni at the border with Macedonia, police said the border has essentially been shut down to all since Thursday morning. Some 3,000

people are waiting at a camp nearby that provides temporary shelter for those heading north through the Balkans.

About 500 people from Iran, Morocco and Algeria gathered on the border line between Greece

and Macedonia to protest the closure. As a result, nobody else from the nationalities that Macedonia is letting through — Syrians, Afghans and Iraqis — were able to cross.

On the Croatia-Serbia border, Croats were only accepting people from those three countries plus Palestine. Slovenia — the next country in the chain — also said it has been turning back the so-called economic migrants.

THE ASSOCIATED PRESS

YEMEN

Rebels free U.S. captives

Three Americans held captive by Shiite rebels in Yemen's capital have been freed, Oman's state news agency and officials in Yemen said Thursday.

The short English-language statement on the Oman News Agency said only that the U.S. State Department had asked Oman to bring the Americans out of the country. It did not elaborate or provide information on their identities.

However, independent security officials in Yemen and members of the Shiite rebels known as Houthis said the Americans had been detained for at least two months at a Houthi security building in the rebel-held capital of Sanaa. The rebels and the officials, who spoke on condition of anonymity as they weren't authorized to brief journalists, did not say why the Americans were held.

Two of them were working with the United Nations, the officials said, while offering no information about the third.

THE ASSOCIATED PRESS

5,700

At least 5,700 people have been killed in the conflict in Yemen since March 26, including 830 women and children, the UN said. The war has pushed the country to the brink of famine, as the UN says over 21 million people — 80 per cent of the population — need humanitarian aid.

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HOSTAGE

China's president slams ISIL killing

China's president on Thursday strongly condemned the killing of a Chinese hostage by Islamic State of Iraq and Levant (ISIL) extremists, saying such groups are enemies of mankind.

Though President Xi Jinping expressed resolve to crack down on terrorism, there was no indication that China would change its consistent opposition to outside involvement in the conflict in Syria, where ISIL has captured a broad swath of territory. Beijing says the Syrians themselves need to arrive at a political solution.

ISIL said in its magazine Wednesday that it had killed two hostages it was holding for ransom — from Norway and China — after they had been “abandoned” by what it called infidel nations.

The Chinese man had been identified as Fan Jinghui, 50, a self-described wanderer from

Beijing who once taught grade school and sometimes worked in TV production. China's Foreign Ministry confirmed his killing early Thursday.

China has not dispatched troops, planes or any other assets to take part in fighting in Syria.

However, Beijing in recent years has shown a willingness to use its military to protect its citizens in conflict zones and dispatched planes and a navy frigate to aid in the evacuation of 35,000 Chinese workers from Libya in 2011. More recently, China sent a naval squadron to Yemen this spring to rescue Chinese citizens and other foreign nationals from fighting.

Most Chinese citizens are believed to have already left Syria following four years of civil war.

THE ASSOCIATED PRESS



A group of 150 Cubans rest in a shelter in Costa Rica, near the border with Nicaragua. A surge of some 2,000 Cuban migrants are trying to cross Central America to reach the United States. GETTY IMAGES

Regional bloc to discuss 2K refugees

CENTRAL AMERICA

Countries convene in El Salvador to quell tensions

A Central American regional bloc will take up the issue of some 2,000 Cuban migrants denied entry by Nicaragua on their way to the United States, Costa Rican authorities said Thursday, in a case that has ramped up diplo-

matic tensions between the two countries.

Foreign Ministers of SICA nations are expected to meet Tuesday in the capital of El Salvador, and will consider the issue as a humanitarian rather than a security concern, Costa Rican officials said.

“The countries have reacted in a positive and supportive way,” Foreign Minister Manuel Gonzalez said. “They have understood that the humanitarian aspect is at stake and should be tackled, comprehensively, by the entire



The humanitarian aspect ... should be tackled comprehensively, by the entire region. Foreign Minister Manuel Gonzalez

region.”

Earlier in the day, Nicaragua accused Costa Rica of attempting to avoid discussion of the issue at SICA. Nicaraguan government spokeswoman Rosario Murillo, who is the wife of President Daniel Ortega, read a statement saying Costa Rica had tried to “sys-

tematically block” Nicaragua’s request.

Nicaragua’s foreign minister, Samuel Santos, said Costa Rica never warned his country more than 1,900 Cubans were about to show up at the border, where they have been stuck for several days. THE ASSOCIATED PRESS

LIBYA

Benghazi suspect in U.S. asks for release

Lawyers for a suspected Libyan militant charged in 2012 attacks that killed the U.S. Ambassador and three others have asked a judge to send him home.

The lawyers say the U.S. illegally captured and interrogated Ahmed Abu Khattala last year, and that the appropriate remedy for that is for him to be returned to Libya.

U.S. District Court Judge Casey Cooper did not immediately rule on the request.

Khattala was captured by U.S. special forces in a June 2014 nighttime raid.

He was then interrogated for days aboard a Navy ship while being brought to the United States to face charges in the Sept. 2012 attacks on a State Department compound and a nearby CIA annex.

The attacks killed four Americans, including Chris Stevens, the U.S. Ambassador to Libya.

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Former Subway pitchman Jared Fogle arrives at court Thursday. Fogle pleaded guilty on charges of trading child pornography and paying for sex with minors. MICHAEL CONROY/THE ASSOCIATED PRESS

Fogle given 15 years

GUILTY PLEA

Ex-Subway pitchman sentenced for sex with minors

Former Subway pitchman Jared Fogle was sentenced to more than 15 years in prison on Thursday for trading in child pornography and having sex with underage prostitutes, with the judge describing his "perversion and lawlessness" as "extreme."

In a court in Indianapolis, Ind. Judge Tanya Walton Pratt disregarded prosecutors' recommendation that Fogle get 12 1/2 years behind bars, opting for a stiffer term of 15 years and eight months in prison. She could have sentenced him to up to 50 years.

In explaining her sentence, the federal judge noted how fortunate Fogle was to land his lucrative deal to be the face of

Subway after he lost more than 200 pounds in college, partly by eating the chain's sandwiches.

"What a gift, to have such a professional windfall fall in your lap," she said. But Pratt said Fogle blew the chance he'd been given by living a double life and pointed out that the crimes he committed weren't victimless.

"The level of perversion and lawlessness exhibited by Mr. Fogle is extreme," Pratt said, who also ordered Fogle to submit to a lifetime of post-prison supervision and pay a \$175,000 fine. She recommended that Fogle receive sex offender treatment in prison and said she'll recommend he serve his time at a federal lockup in Littleton, Colorado, that specializes in such treatment.

Fogle didn't show any visible reaction when he heard his sentence.

But some family members who were in the courtroom began crying and hugging each other after judge ordered Fogle

taken into custody.

Before he was sentenced, the 38-year-old father of two addressed the court, apologizing to his victims and his family and vowing to be a better person.

"I so regret that I let so many of you down," he told the court.

"I want to redeem my life. I want to become a good, decent person. I want to rebuild my life," he said.

Fogle pleaded guilty to one count each of travelling to engage in illicit sexual conduct with a minor and distribution and receipt of child pornography, as per a deal he struck with prosecutors in August, a month after his suburban Indianapolis home was raided.

Fogle's lawyers called John Bradford, a professor of forensic psychiatry at the University of Ottawa in Canada, to testify at Thursday's hearing.

Speaking by phone, Bradford said he analyzed Fogle on Aug. 17 and concluded that Fogle suffers from hypersexuality,

mild pedophilia, and alcohol abuse and dependency.

He said he took Fogle's sexual history, including his sexual interests and tested him to determine what images caused Fogle to be sexually aroused. He said Fogle also told him that he had "a fairly extensive history" of using prostitutes for sex. Under cross-examination, Bradford said Fogle admitted to paying a minimum of about \$12,000 a year for sex.

Bradford said Fogle apparently had a compulsive eating disorder before he lost all of the weight that led to him becoming the face of Subway, and that his hypersexuality seemed to develop shortly after he shed the extra pounds.

He also said Fogle, whose wife filed for divorce on the day he agreed to plead guilty, admitted that he occasionally fantasized about children.

Fogle agreed to pay a total of \$1.4 million to his 14 victims, with each getting \$100,000.

THE ASSOCIATED PRESS

UNITED STATES

High winds cause three deaths, outages

Over 100,000 customers remained without power in Washington state Thursday after a powerful storm killed three people and prompted an emergency declaration from the governor.

Gov. Jay Inslee declared a state of emergency Wednesday for all Washington counties, clearing the way for state officials to increase aid to those with storm damage.

Winds on Tuesday exceeded 160 km/h in some areas of the Inland Northwest.

Avista Corp. on Thursday was still trying to restore power

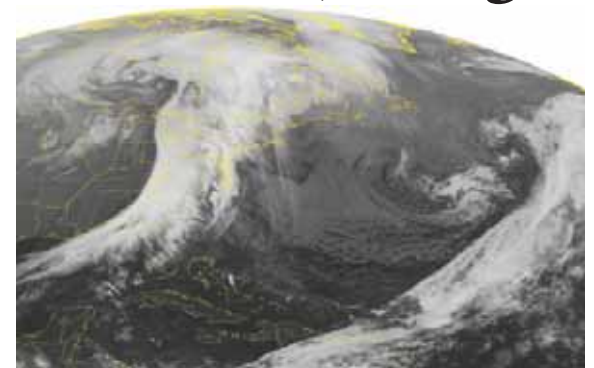
to some 105,000 customers, most in Spokane County and northern Idaho.

Puget Sound Energy said about 100,000 customers were without power early Wednesday.

Wind gusts around 160 km/h rattled areas west and north of Denver, blowing snow from Tuesday's wintery storm across roads and knocking out power.

The storm dumped over a foot of snow in some parts of the Plains and winds created snow drifts several feet high.

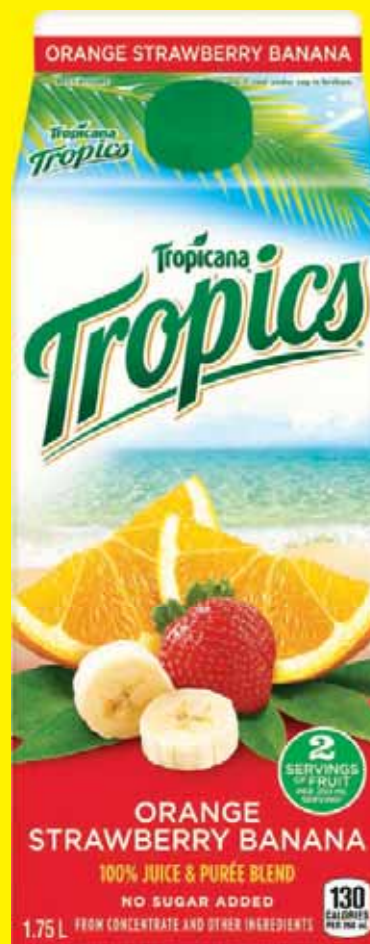
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Satellite image of the storm. THE ASSOCIATED PRESS



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Mexicans returning home



Feliciano Bermejo agreed to voluntarily return to Mexico.
GREGORY BULL/THE ASSOCIATED PRESS

IMMIGRATION

Now leaving U.S. in greater numbers than those arriving

There are many reasons for the historic reversal of migration between the U.S. and Mexico, according to the Pew Research Center, which announced Thursday that more than 1 million Mexicans headed south to re-establish their lives in the last five years, while only 870,000 migrated north to the U.S.

Some have grown tired of living in the shadow of the law, and say border jumping has become too dangerous. Jobs are easier to find now in Mexico, and family ties are powerful. Here are some of their stories:

Feliciano Bermejo spent 21 years north of the border, raising three sons who are U.S. citizens, before he was stopped in Atlanta for driving with a suspended license. He was reported to immigration authorities, and agreed to return to Mexico voluntarily, leaving his family behind, so his

record would not be marred with a deportation.

The 49-year-old is keeping his fingers crossed that when his oldest turns 21 next year, the young man will be able to request legal residency for his father and reunite the family.

But he's not banking on being allowed to return legally, and said he won't try to sneak into the U.S. The border has become too dangerous since he last crossed in 1994, and so he is building a life in Mexico.

Thanks to his work experience in Atlanta, where he rose to being a supervisor at a company that installs fire alarms and sprinkler systems, he landed a job building oil platforms for Pemex. Now he sends his family \$200 weekly from his job in Tampico to support them in the United States.

"It's weird, right?" he said. "People sometimes ask me, how is it that instead of money being sent to you here, you're sending money from here to over there? But, well, they need it more than me. I'm living here alone."

When Rodrigo Quiroz got word his 79-year-old mother was dying, he hopped on a bus

in Phoenix and rushed back to Mexico. He talked to her by phone on his way, but she died before he was able to catch another bus to his hometown of Culiacan.

"I never got to see her alive again," he said.

At first, the 43-year-old planned to continue his life in Arizona, where he worked for seven years in construction and picking melons and watermelons. He hired a smuggler. But after the guide abandoned the group outside of the Mexican border town of Tecate, he realized he no longer had it in him to chase dollars.

"My mother's death really made me think," he said. "I want to be near my family. I don't want to go back to the United States anymore. There's work here too."

A Tijuana shelter is helping him find work. His wife may join him there after their 17-year-old daughter graduates from high school in Culiacan.

He misses watching the Diamondbacks play, but said he can do without the stress of living illegally.

THE ASSOCIATED PRESS

ROMANIA

Fire risks rampant: Inspectors

Romanian firefighting authorities have uncovered thousands of fire safety violations in a range of buildings following a nightclub blaze last month in which at least 57 people died.

In a statement Thursday, the Inspectorate for Emergency Situations said it checked 1,000 bars, nightclubs, discotheques, cinemas and malls Nov. 9 to Nov. 16.

Many lacked firefighting equipment, fire permits or did not hold fire drills, the Inspectorate said. It saw violations of bans on using open flames, pyrotechnics and smoking in public places. The inspectorate said it found 3,200 violations, of which 430 were fixed during checks. It said 37 "grave violations" had led to the closure or temporary shutdown of public places and it has handed out fines of 8.6 million lei (\$2.07 million).

The fire erupted during a heavy-metal rock concert at the Colectiv nightclub on Oct. 30, when a spark ignited foam decor, sending panicked people stampeding to a single-door exit.

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- Log daily sales activity into CRM

REQUIREMENTS OF THE POSITION:

- 2 years of demonstrated success in a similar role
- Some relevant post-secondary education
- Dedication to achieving extraordinary results Excellent oral & written presentation, communication and negotiation skills
- Excellent time management skills, highly organized, detail oriented, efficient, ability to meet tight deadlines, ability to set priorities and manage daily tasks
- Creative and collaborative
- Proficient in Microsoft Office - Word, Excel, PowerPoint & Outlook
- CRM experience is an asset
- Strong sense of accountability
- Must be a team player

If you think you have what it takes for this position, send your resume and cover letter to hr@metronews.ca no later than November 30th, 2015. PLEASE QUOTE: "Account Manager, New Business Development - Edmonton" in the subject line. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.



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CAMEL FAIR DAWN AWAKENING Camels stand in a field at sunrise in Pushkar, in the western Indian state of Rajasthan. Pushkar is a popular Hindu pilgrimage spot frequented by foreign tourists who come to the town for its annual cattle fair. DEEPAK SHARMA/THE ASSOCIATED PRESS

Haitians cynical about election

PRESIDENTIAL RACE

Suspicious of results from first round of voting at polls

A poll by an independent research group has found deep public suspicion of the first round of the presidential election in Haiti, a finding that is likely to fuel calls by opposition parties for a recount of the disputed results.

Teams of researchers with the Brazil-based Igarape Institute conducted exit polls on the day of the Oct. 25 election and followed up with the same voters again after preliminary results were announced on Nov. 5. They found that public confidence in the process had plummeted between the two dates, according to an analysis they planned to release Thursday.

In the election exit poll, 82 per cent of voters agreed with the statement "As far as I can



Presidential candidate Moïse Jean Charles rides horseback with a man dressed as Haitian independence hero Jean Jacques Dessalines. DIEU NALIO CHERY/THE ASSOCIATED PRESS

see, this election is fair, there is no fraud." But in the follow up, the conclusion was almost the opposite with nearly 90 per cent saying they disagreed with the statement.

Opposition supporters have staged protests over the results since Nov. 5 as they demand a recount. Several thousand marched in the capital Wednesday until they were dispersed by police firing tear gas and rubber bullets.

The Igarape exit poll found

about 4 per cent of voters witnessed what they considered fraud, which included officials improperly turning away voters, or people voting multiple times.

Incidents of fraud were witnessed by research team members at 12 polling stations. The U.S., Canadian and Haitian researchers interviewed 1,991 people at 135 polling stations. The survey had a margin of error of 2.29 percentage points.

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Itzhak Belfer stands next to his art at his house in Tel Aviv. DAN BALITY/THE ASSOCIATED PRESS

Last of Treblinka orphans is 92 now

WORLD WAR II

Nearly 200 young Jews saved by caring educator

With World War II under way and the Nazis closing in, 16-year-old Itzhak Belfer decided to flee his native Poland and head east to Soviet Russia. The man who had raised the Jewish boy like a son tearfully gave him his blessing, slipped the teen some money and said, "the chicks are leaving the nest."

It would be the last time Belfer saw Janusz Korczak, a trailblazing educator who spurned several offers of freedom, choosing instead to stay with nearly 200 orphans he cared for in the Warsaw Ghetto.

From the ghetto, they were all marched to a transit station and shipped off to the Treblinka death camp in 1942.

It was a defining event of the Holocaust, one that made Korczak, with his act of sacrifice, one of its most famous victims.

Today, Belfer, a 92-year-old grandfather living in Israel, is the last of Korczak's orphans able to recall interactions with the doctor, author and educator who revolutionized the cause of children's welfare and became a national icon in Poland, with streets, schools and monuments honouring him.

A noted artist in Israel, Belfer has made it his life's mission to commemorate the man who, along with partner Stefania Wilczynska, had raised him from the age of seven.

Belfer's Tel Aviv apartment is filled with dozens of his scul-

tures and paintings bearing Korczak's distinctive image: bald head, trim goatee and round, wire-rimmed glasses. The artist recently published an animated children's book, *The Man Who Knew How to Love Children*, about his experiences in Korczak's orphanage.

"He was like our father and Stefa was like our mother," recounted Belfer, whose own father died of illness when he was four. "I feel a responsibility to talk about his memory."

Janusz Korczak was the pen name of Henryk Goldszmit, born in late 1870s Warsaw to an assimilated Jewish family. He was a well-known figure in Poland long before the war and among the most respected of Warsaw's Jews, who made up a third of the city's population before the German occupation.

THE ASSOCIATED PRESS

PAKISTAN

Death sentences must proceed: Prime Minister
Pakistani Prime Minister Nawaz Sharif has asked the country's president to reject a petition for pardon for four suspected militants sentenced to death over the Peshawar school attack last December that killed 150 people, mostly children.

The horrific Dec. 16 attack was claimed by the Taliban and prompted Pakistan to lift a 2008 moratorium on the death penalty.

THE ASSOCIATED PRESS

NEPAL

Political protests disrupt health care

Shortages of life-saving medicine because of political protests in Nepal that have blocked key roads could lead to a crisis, doctors said Thursday.

Hospitals are rescheduling surgeries by weeks, and patients are finding it difficult to get to medical facilities due to fuel shortages, said Dr. Mukti Ram Shrestha of the Nepal Medical Association.

"If the situation of shortages continues, patients could

start dying after two weeks," Shrestha said.

Truckloads of medicine have been blocked at the main border crossing with India for the last few months by Nepal's Madhesi ethnic protesters, he said.

The traditionally marginalized Madhesi have been protesting Nepal's new constitution, demanding to be given greater autonomy over local matters.

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118 years to close pay gap: Report

WORLD ECONOMIC FORUM

Study ranked Canada as 30th out of 145 nations

Women around the world will earn less than men for the next 118 years if present trends in pay inequity persist, the World Economic Forum predicts.

The global pay gap between men and women closed by a mere 3 per cent over the past decade, noticeably stalling after 2009/2010, says the forum's annual Global Gender Gap report.

The slow progress means women are only now earning what men earned nearly a decade ago, \$11,000 on average, the first year the Geneva-based non-profit foundation began tracking the data. Meanwhile, men's average pay has nearly doubled to \$21,000 worldwide.

As the global economy be-

comes increasingly automated, "we need to create a world where women's contributions and ideals are as valued as those of men," said Klaus Schwab, founder and executive chairman of the forum, best known for its annual meeting of global leaders in Davos, Switzerland.

The report, which also looks at women's progress in education, health and political empowerment, found Canada ranked 30th out of the 145 nations surveyed.

Around the world, the Nordic nations remain the most gender-equal societies, led by Iceland, Norway and Finland, ranking first, second and third, the World Economic Forum said. The least equitable are Syria, Pakistan and Yemen, ranking 143rd, 144th and 145th respectively, the forum's report found.

One seemingly counter-intuitive ranking went to the African nation of Rwanda, which came in 6th. Much of

ON BOARD

Largest one-year jump in female representation

Women hold 19.5 per cent of the seats on the boards of Canada's biggest companies, up from 17.1 per cent in 2014, says the Canadian Board Diversity Council. It's the largest one-year increase in female representation on the boards of FP500 companies since 2001. The rise follows introduction of a new "comply or explain" policy that forces publicly traded companies to disclose statistics on women on their boards. THE CANADIAN PRESS

it is due to the Rwanda genocide of 1994, which devastated the male population, leaving women to run the country.

TORSTAR NEWS SERVICE, WITH FILES FROM THE CANADIAN PRESS



NOW THAT'S SOME BLING SECOND-LARGEST DIAMOND FOUND Vancouver-based mining company Lucara Diamond Corp. says it has unearthed the second-largest gem quality diamond ever, and the largest discovered in over a century, at its Karowe Mine in Botswana. The 1,111-carat diamond, pictured above, measures 65 millimetres by 56 mm by 40 mm — a rock weighing half a pound that's a little smaller than a tennis ball. Only the Cullinan diamond, weighing 3,106 carats — close to 1½ pounds — and measuring over 10 centimetres in length, beats the diamond found by Lucara. COURTESY LUCARA DIAMOND CORP./THE CANADIAN PRESS

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REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales.
- Excellent networking, organizational and time management skills.
- Outstanding verbal and written communication skills, including proficiency in Microsoft Office.
- A self-motivated desire to develop new business.
- Some college education or relevant post-secondary training.
- Valid drivers license and a vehicle.

Individuals interested and having the skills described possess the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than December 1st, 2015.

PLEASE QUOTE: "ADVERTISING SALES REPRESENTATIVE — Edmonton" in the Subject Line. All submissions will be treated as confidential.



Trudeau makes his mark

Canada's new prime minister departed Thursday from the Asia-Pacific Economic Cooperation summit in Manila, closing his first act on the international stage — trailed by a squealing mob of young Filipino journalists and volunteers and questions about whether

any of it might be good for his broader foreign policy goals.

One of the things Justin Trudeau talked about a lot was the need to put Canada on the front lines of the fight against climate change. That won him plaudits from U.S. President Barack Obama. But Obama put

the squeeze on Trudeau. The president said that the U.S. and Canada are "both soon to be signatories" to the Trans-Pacific Partnership. Trudeau has said he wants to consult with Canadians and Parliament before moving forward on the pact.

THE CANADIAN PRESS

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ROOIBOS HARVEST

Drought hits lattes

From frothy red lattes to rust-coloured teas, popular rooibos drinks will likely become scarcer and more expensive because of a widespread drought in South Africa, including in scrubland where the rooibos plant normally flourishes.

A devastated rooibos harvest may lead to a 90 per cent price increase, a trade council said on Thursday. The U.S. is

one of the biggest importers of rooibos tea.

Farmers will only know the extent of their losses in the first half of 2016 when the volume of the final harvest is known, said council spokesman Ernest du Toit.

South Africa is the only region where the rooibos plant grows naturally.

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ROSEMARY WESTWOOD

You can't help but want a towering figure in feminism like Gloria Steinem to have the best chat of her life, chatting with you. But damn, are you lucky that she's chatting to you at all.



I think I screwed up with Gloria Steinem. She was great. She was (is) interesting, and thoughtful and kind. Also: At ease.

But I was trying far too hard. Maybe it was over-reading all things by and for her, or marking her new book *My Life on the Road*, using "sign here" stickies at my favourite parts, as if I'd have time to touch on them all, worrying how to ask questions she'd never heard before.

Of course, Steinem doesn't need any interviewer to be interesting.

I began by thanking her for her decades of activism.

"Well, you know, I feel the same thankfulness to all the people who woke me up," she said. "It's like a chain, and it just goes on and on, which is the good news."

Many of the people who "woke her up" are detailed in her memoir, a personal history of second-wave feminism from the vanguard, a meditation on the act of listening, a book rich with characters she meets on the road, in planes, taxis and trains, in India, the U.S. and Canada. They teach her and buoy her and offer her hope, and I asked if we all need to travel to get that feeling of optimism.

But she said the road can be a state of mind: "When you

leave your house in the morning, just being open to accident makes a big difference. Take those moments in the elevator, when nobody's talking but everybody's thinking the same thing, or whatever the immediate spontaneous moment is, and going with it to see what happens."

or class, without controlling reproduction."

But are we — young feminists — doing enough to listen to each other, and be broad-minded?

No one's all that great at it, she said with a little laugh.

"I think young women are by and large better at it than

with more men than women, underage pregnancy causing teenage death, sexualized violence and domestic violence.

And she argued that the issue of violence against women should play a central role in foreign policy, too.

If western governments want to separate moderate groups from extremists to find allies in Syria, "the most reliable way of deciding that is attitudes toward women. If we had taken that seriously, we would not have aided the mujahideen, who turned into the Taliban in Afghanistan, for instance."

The only politician advocating that strategy, she said, is Hillary Clinton. Steinem writes in her book that the U.S. wasn't ready to have a woman head of state in 2008 because we, and especially men, "feel regressed to childhood when we see powerful women."

And now?

"I'm not sure." Maybe Clinton's own time as secretary of state has helped, she said, but it will be a "very tough campaign."

At one point, Steinem painted an image of the future that answered my worries that things can't change: "If we raised one generation of children without violence and without shaming and labels and, you know, race, gender roles and so on, we don't know what might be possible."

When I hung up, my mind created an alternate interview: I laughed when she laughed, instead of being too nervous, pleasantness gave way to firecrackers. You can't help but want a towering figure in feminism like Steinem to have the best chat of her life, chatting with you. But damn, are you lucky that she's chatting to you at all.



GLORIA'S GLAMOUR It's impossible not to get star-struck around feminist leader Gloria Steinem, writes Rosemary Westwood of their wide-ranging conversation. GETTY IMAGES

You might, like Steinem, discover your garbage man is your best political adviser.

I told her I see schisms among feminists by race, and she pointed to how the media and some scholars put the social-justice movement into silos, when "What's missing is the understanding of organic connections. It's not possible in any practical way, much less idealistic way, to be a feminist without being anti-racist," she said. Women suffer from both categories, and "in an even deeper way you can't perpetuate race or caste, as in India,

older ones, because they're more conscious of the connections, because they've grown up with more connections."

"Racism is a prison for white folks who are culturally deprived," she added. "You have to get mad on your own behalf: 'How dare this society tell me who my friends are and where I live?' I think you become a more trustworthy ally when you see your own enlightened self-interest in it."

What most concerns her right now, she said, is global violence against women: Infanticides that led to a planet

THE BIG THING: POLITICS & PERSONAL SPACE

He's the Prime Minister of PDA. But are Justin Trudeau's touchy-feely tendencies a weird habit or a successful strategy?

Trudeau gets up close and personal with the U.S. president, bear-hugs premiers and soundly smooches his wife without apparent hesitation. Not to mention his habit of snuggly selfies with members of the public. But does it work?

Many Canadians enjoy getting hugs, even if they're too shy to give them in public, said University of Victoria psychology professor Robert Gifford, an



space used a benchmark of 64 centimetres for everyday conversation. (Violating this could indicate an autism spectrum disorder or a specific type of brain damage — no sign that applies to Trudeau).

Outside of intimate relationships, a distance of less than 45 centimetres typically makes North Americans nervous, "cross-eyed" and instinctively want to move away, according to the anthropology text *The Hidden Dimension*.

So, yes, Trudeau's in-your-face style "goes against the classical Canadian behaviour pattern," Gifford said. But that's not necessarily a bad thing: "Maybe we all need to hug a bit more."

METRO



expert on personal space. "I would hazard a guess that (Trudeau's body language) works with many people, and in general is a good strategy, whether intended as a strategy or not," Gifford said.

The distance we prefer between ourselves and others varies by culture: People in the Middle East or Latin America, for example, tend to get a bit cosier than Europeans or Americans.

Etiquette expert Debby Mayne recommends a personal bubble of 120 centimetres between strangers, while one group of psychologists looking at norms of personal



It's not possible in any practical way, much less idealistic way, to be a feminist without being anti-racist.

Gloria Steinem

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JLaw is living up to the hype

CELEBRITY

Industry seeks next big thing, finds star with staying power

Richard Crouse
For Metro Canada



Sometimes you just know.

In my line of work, hype and celebrity are occupational hazards. Every day my inbox is stuffed with news releases touting the Next! Big! Thing! You get numb to it after a while, but every now and again someone will come along you know is destined for something big.

Jennifer Lawrence wasn't a star the first time I met her but you could tell it would only be a matter of time until she was. It was 2010, years before she would win an Academy Award or be known internationally as Katniss Everdeen. She was a struggling newbie with just a handful of credits, but a great big buzz surrounding her performance in *Winter's Bone*. Her steely but vulnerable take on an Ozark girl who will do anything to keep her family together was garnering good reviews and the usual phrases like "breakout performance" were being thrown around, but this time it felt different. Real.

I was asked to host a question-and-answer period with her after a screening of the film at a theatre in Toronto, but first we planned a quick dinner with a



Jennifer Lawrence in a scene from *Joy* (left), by director David O. Russell, and Academy Award nominated *Winter's Bone* (right). HANDOUTS

MOVIE RATINGS by Richard Crouse

The Hunger Games: Mockingjay Part 2 ★★★★★
Brooklyn ★★★★★
The Night Before ★★★★★
Man Up ★★

HOW RATING WORKS
★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★★ SKIP IT
★

publicist at a nearby hotel. I've eaten with a lot of actors who order a piece of steamed fish, no butter, no oil and then, rather than actually put it in their mouth, simply move it around the plate until the waiter takes it away.

Not Jennifer Lawrence. She ordered a steak dinner with

sides and ate it all while showing us a cell phone snap of her costume for the *Girl with the Dragon Tattoo* audition. As she chatted, laughed and enjoyed dinner, it was apparent what she wasn't. She wasn't precious or overwhelmed at being on the cusp of something big. She was

doing something rare in this business — being herself and enjoying the ride. In other words the woman you now see photobombing Taylor Swift on red carpets or starring in this weekend's *The Hunger Games: Mockingjay Part 2* is the real deal, someone completely at ease with herself in a business that doesn't usually allow for that.

Later, on the way to the theatre, she opted not to take the provided limo. Instead we walked down Bloor Street. It was on the chilly side, so she draped my suit jacket over her shoulders. Along the way her high heel caught in a crack in the pavement and

snapped off. Rather than hobble down the street, she kicked off both shoes and walked barefoot the rest of the way, her broken designer shoes in hand.

At the theatre I don't remember what we talked about on stage. When I think back on the night I reflect on the sweet spot she was in, career-wise. She was about to become one of the youngest Oscar nominees ever for best actress in a leading role and yet there wasn't an ounce of pretension about her. Charisma? Yes. Talent? In spades.

I don't claim to have some sort of celebrity ESP, but that night I knew in my gut I had

met a star, a feeling reaffirmed when I saw her carry the *Hunger Games* movies on her back and become a leading voice in the fight for pay equality for women in Hollywood.

Want to see a superstar? Watch the last scene of the *Joy* trailer. Shot on an iPhone as test footage it's a close-up of Lawrence's face as she fires off two shotgun rounds. "My name's Joy, by the way," she says. It's a simple image but a magnetic one. It's a movie star moment from the rare actor who commands our attention every time she's on screen. Sometimes you just know.

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Bridging 13 years in adaptation

INTERVIEW

Chiwetel Ejiofor talks making a film American

Ned Ehrbar
Metro | Hollywood



For *The Secret in Their Eyes*, Chiwetel Ejiofor teams up with Nicole Kidman and Julia Roberts — and takes on a unique acting challenge: playing the same character during two distinct periods of his life 13 years apart.

And while a little gray in the temples helps, Ejiofor found some unique ways to distinguish the two versions of himself.

What was it about this character that interested you?

I liked the idea of dealing with this character in two different time periods, thereby being able to reflect and engage with the obsessional qualities that he has. I'm sure it's a part of his character anyway, but these circumstances that he's

in kind of highlight his propensity to become obsessed. It becomes a very interesting story about this guy's psychology, the demons at play within him. I was really excited about exploring all of those things.

That gap between the two periods is interesting. Did you do any work for yourself as far as what his life was like in between?

Yeah, I mean, building a sort of background for him and what his life was — his romantic life and his professional life — and just sort of filling in the gaps of that was really helpful. But the main event for him is that there's like a sound that he can't get rid of. I thought of it as almost literal, almost kind of something a ringing sound that he could never escape. He has the knowledge that the only way he'll ever get past or get through it is by finding the guy who did the thing. So the main thing for him in that time is that he cannot break free of this obsession, this need.

If you're imagining an actual ringing in your ears, does



Julia Roberts, Nicole Kidman and Chiwetel Ejiofor star in *Secret in Their Eyes*. HANDOUT

that drive you crazy by the end of the shoot?

(laughs) Yeah, I mean if it were to really manifest. But you know, yeah, it's obviously metaphorical but there's definitely a sense of that with him. And that's why I think when he starts to confront the guy, it just takes on its own quality.

Did you watch the original Argentinean film?

No, I didn't. I didn't see it beforehand. I've seen it since. I felt like it was going to be interesting to me to be able to take a look at it afterward. What I always suspected was that the films would be very different because an Amer-

ican version of an Argentinean film, I think, just sort of culturally comes from a different place and would therefore go down a totally different avenue. And I think that's true of the film, that they become kind of cousins in a way. They're not directly related. They follow some of the same

narrative principles, but the characters exist in totally different universes.

Can you pinpoint a cultural difference between an American and Argentinean version of a story?

In a sense, in the Argentinean version, there's something quite delicate and tender in the center of it that is slightly different from the Americanized version of the film, which is quite muscular, you know? And has a slightly different feel to it. It's quite different. I think both things work, but I don't think they could be overlapped. I don't think you could make an American version of the film that could sustain that kind of tenderness.

This seems like the kind of adult drama people lament that don't get made anymore.

That was one of the good things about doing this — it seemed like the kind of film that you don't really see that much of anymore, and I miss these kinds of movies. (laughs) I was really happy to be engaged in something like this.

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1950S HOLLYWOOD

John Goodman on Trumbo

John Goodman teams up with Bryan Cranston and director Jay Roach for *Trumbo*, starring as Frank King, the inelegant B-movie mogul who kept Dalton Trumbo (Cranston) working after he was blacklisted from Hollywood in the 1950s. And Goodman doesn't think we've come that far since then.

How familiar were you with Dalton Trumbo's story?

When I became interested in acting, I was drawn to the people from the Group Theater in New York, and a lot of them went on to become very famous acting teachers but then a lot of them also joined the Communist party. So I knew about blacklisting from what had happened to them, and I knew about the Hollywood 10 — not in a lot of great detail. I'd admired Dalton Trumbo but, my God, I had no idea he was as prolific as he was.

How about your character, Frank King? Were you familiar with him and his brother?

No, I didn't know a thing about them. I found out what I could find out on the Internet. You know, these guys were the same kind of people that founded the motion pic-



In *Trumbo*, John Goodman plays movie mogul Frank King who keeps a blacklisted screenwriter working in 1950s Hollywood.

HILARY BRONWYN
GAYLE/BLEECKER
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ture studios in the first place. They were involved in the pinball business, saw a way to make a quick buck. They were just there to make money and nothing else.

It almost seems strange now how much people freaked out over Communism.

It doesn't seem strange to me at all, and it doesn't seem like we've learned our lessons very well. People are very good at manipulating fear for their own ends and for power. We have a lot of lobbyists doing it, we have a lot of politicians who are buying into it. And these days of social media, it's becoming tribal, almost — the group-shaming of people, beating up on people. It's very good at turning individuals into mobs — "this is what's

right to think, this is what's correct." And people aren't afraid to use death threats now and really, really hateful speech. Doesn't seem like we've learned a lot.

It's scary how with social media you can create your own echo chamber.

Yeah, you listen to the groups that you want to listen to, and you don't listen to anybody else. That's as far as I want to get down that, start to get into privacy and all that stuff, which has no bearing here. Well ... it does because it's the privacy of a person to have their own beliefs and wishes and not have to share them with anyone else or really have to explain them if they're perfectly legal to have.

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Now playing



DRAMA/ACTION
The Hunger Games - Mockingjay 2
 Director: Francis Lawrence
 Starring: Jennifer Lawrence, Julianne Moore

With the nation of Panem in a full-scale war, Katniss confronts President Snow in the final showdown. Teamed with a group of other fighters, Katniss goes off on a mission to liberate the citizens of Panem.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
 72% 99%



MYSTERY/SUSPENSE
Secret in their Eyes
 Director: Billy Ray
 Starring: Chiwetel Ejiofor, Julia Roberts

A tight-knit team of rising FBI investigators — Ray and Jess, along with their District Attorney supervisor Claire — is suddenly torn apart when they discover that Jess's teenage daughter has been brutally and inexplicably murdered.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
 35% 62%



COMEDY
The Night Before
 Director: Jonathan Levine
 Starring: Joseph Gordon-Levitt, Seth Rogen

Ethan, Isaac, and Chris are friends. Their yearly Christmas Eve reunion has been an annual night of debauchery. But the tradition is coming to an end, and to make it memorable, they set out to find the Nutcracker Ball.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
 66% 96%



DRAMA
Spotlight
 Director: Tom McCarthy
 Starring: Mark Ruffalo, Michael Keaton

This film tells the riveting true story of the Pulitzer Prize-winning Boston Globe investigation that would rock the city and cause a crisis in one of the world's oldest and most trusted institutions. This tense thriller traces the steps to one of the biggest cover-ups in modern times.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
 96% 95%



COMEDY
Love the Coopers
 Director: Jesse Nelson
 Starring: Olivia Wilde, Amanda Seyfried

When four generations of the Cooper family come together for their annual Christmas Eve celebration, a series of unexpected visitors and unlikely events turn the night upside down, leading them all towards a surprising rediscovery of family bonds.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
 20% 44%



DRAMA
Coming Home
 Director: Yimou Zhang
 Starring: Li Gong, Chen Daoming

Lu and Feng are a devoted couple forced to separate when Lu is arrested and sent to a labor camp as a political prisoner during the Cultural Revolution. He finally returns home only to find that his beloved wife no longer remembers him.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
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THE HUFFINGTON POST Erin Whitney

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When all your friends grow up

INTERVIEW

Jonathan Levine talks *The Night Before*

Matt Prigge
Metro | New York



The last time director Jonathan Levine made a movie with Joseph Gordon-Levitt and Seth Rogen, it was 50/50, a dramedy about cancer.

The Night Before is more lighthearted — sort of. It follows three friends (the other played by Anthony Mackie) doing their annual tradition of having a sloppy night in NYC on Christmas Eve. But this time the characters played by Rogen and Mackie feel they're too old and settled down to ever do it again, leaving Gordon-Levitt as the last hold-out. It's that anxiety that made Levine — who also made *The Wackness* and *Warm Bodies* — comfortable doing his first full-on comedy.

This is your second film with Seth Rogen, after 50/50. How did you two first meet?

On 50/50, there was another filmmaker who dropped out a couple months before. I was one of five people up for the gig. For whatever reason they liked me. I think it was because I made *The Wackness* and they thought I would smoke weed with them. (Laughs) But it was also because I spoke relatively intelligently about the material.



Seth Rogen and Anthony Mackie feel too old for getting sloppy on Christmas Eve anymore, but Joseph Gordon-Levitt is still game in *The Night Before*. HANDOUT

I've read you two have helped each other out on projects — that he helped look at *Warm Bodies* and you looked at *This is the End*.

Yeah, but it wasn't in any specific way. Seth and Evan continuously have people come in and look at their stuff. If I'm looking at *This is the End*, I'm one of 50 people who are looking at it. On *Warm Bodies* I definitely used that. The first time was on 50/50, where we thought we needed to have smart people

look at it and tell us what's good and what's bad. Seth was one of those people. It's a culture of rigorous note-giving and improving the work.

You've done dramas or romances that were funny before, but you've never really made a full-on comedy.

It was a change of pace. And it certainly wouldn't have worked for me if at its heart there wasn't an undercurrent of drama. Having it fundamentally revolve around

issues of friendship and getting older, that me more comfortable executing the comedy. I loved doing something whose primary goal was to make people laugh. You feel like you're throwing a party and your only goal is to make everyone has as much fun as possible.

Your sets sound very loose. You're not like Sam Peckinpah, drunkenly screaming at people.

No one screams at anybody.

Well, I probably screamed on occasion. But generally everyone can bring their friend, everyone can bring their mom, everyone's welcome. When there's a very serious scene, of course it's not like that. It's very subdued. But if you were to see it, it would look like we're having fun.

Despite all the crazy things that happen in the film, it is rooted in a serious concern. Joseph Gordon-Levitt's Ethan hasn't gotten his stuff

together, while his closest friends have, causing a disconnect.

When we were writing it, every single person had someone in mind who was that person in their life. We talked about why that person was not succeeding. There were many reasons. For a lot of us, the reason we've succeeded is talent, but also a lot of luck, so it's s—y to look at the friend who hasn't been so lucky. But the truth is a lot of it is luck. We settled on giving (Ethan) a trauma he's never been able to move past. That happens to a lot of people, whether it's someone who got stuck in a job for too long and looked up one day and his friends were more successful than him or her, or someone just got knocked down and took too long getting back up.

How conscious were you of playing with holiday movie conventions?

I imagined it as a Christmas movie for people who didn't celebrate traditional Christmases, whether because you're Jewish or from another non-Christian religion or your parents are divorced or you hate your parents. There are a lot of people who feel left out of the traditional Christmas. I would go out in New York do stuff like this on Christmas Eve. There were a lot of Christian people, there were a lot of Jews. It was all people who had a reason for not celebrating the traditional Christmas. It's nice because Christmas is an oppressive, monolithic thing.

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Saoirse steps into role she's lived

PERIOD DRAMA

Coming-of-age part plays into her own growth, says Brooklyn star

Steve Gow
For Metro Canada



Hollywood has never been an easy place to carve out a career — especially for child actors growing up in front of the camera. So it's particularly remarkable how smoothly Saoirse Ronan has maneuvered the maelstrom of the movie biz since entering it at just nine years old.

"I never played kid roles and I had never been in kid films so I always just thought of myself as an actor," reasoned the now 21-year-old actress whose acclaimed oeuvre includes *The Lovely Bones* and *The Grand Budapest Hotel*.

"But until now, it was tricky to showcase that you were ready to move on to that next step of taking on roles that were a little bit more mature and where you're more at, personally."

That's why her latest offering, *Brooklyn*, was such an important role for the Irish-American actor. Based on Colm Tóibín's award-winning bestseller (which U.K. newspaper *The Guardian* named as "one of the ten best historical novels"), the 1950s-set drama follows the story of an Irish immigrant who flees to New York in search of work and must struggle with new loves and a life on her own as a young adult.

"What's particularly fresh about this story is that it's told from a woman's point of view and that's something that's missing from all of the accounts in the Irish canon of immigration," explained director John Crowley. "If you got that specific story right, then you'd have the scale to carry hundreds, thousands and millions of stories with

it. It's sort of a keyhole drama in that way."

While that period of history remains scarce on testimony, Ronan insists she didn't necessarily rely on research to assume the character. Instead

the acting approach that garnered Ronan an Oscar nomination in 2008 for *Atonement* has "very much stayed based on instinct" — something that also informed her latest coming-of-age portrayal.

"As you get older and you have more life experience, that does come into play when you play a character," admitted Ronan. "This was less of a journey to step into that place because I was already there."

“What’s particularly fresh about this story is that it’s told from a woman’s point of view ... something that’s missing from all of the accounts in the Irish canon of immigration.” Director John Crowley



Saoirse Ronan plays an Irish immigrant in 1950s New York in *Brooklyn*, adapted from Colm Tóibín's bestselling novel.

CONTRIBUTED

THREE THINGS

Ronan as chameleon

The first time I interviewed Saoirse Ronan she was 15 years old and the veteran of six movies. I had always admired her performances and as I walked into the interview suite I congratulated her on the film.

"Tanks pure much," she said with an Irish lilt that could charm the label off a bottle of Jameson Whiskey.

It was the first time I had heard her natural accent and confirmed what I already knew: that she was a chameleon with a propensity for accents that could give Meryl Streep a run for her money.

This weekend in Brooklyn she drops the drawls to play an Irish girl who immigrates to New York in the 1950s.

In what part of Ireland was she born? Despite her Irish accent, she was actually born in the Bronx in 1994.

"(My parents) went to New York in the '80s. There was a really bad recession in Ireland at the time. A lot of young people went to New York because that's our trek, that's our journey. The Irish always go to New York or somewhere on the East Coast."

Monica Ronan and Paul Ronan lived in New York for 11 years in total, moving back to County Carlow, Ireland when Saoirse was three years old.

Can she beat me up? Probably. To play teenage assassin Hanna she studied knife fighting, stick fighting, martial arts and learned how to shoot a gun. She performed most of her own stunts in the film and says if she was ever offered the action-star role of James Bond she would happily accept. "That tux? I could totally rock it." RICHARD CROUSE/METRO

THE TV DINNER JESSICA ALLEN



No self-respecting Italian past the age of five uses a spoon to eat spaghetti.

I was confused after I watched *Brooklyn* during TIFF. It wasn't the plot — a young Irish woman, Ellis (Saoirse Ronan), must not only choose between her homeland (Ireland) and the country to which she recently immigrated (America) but also between two young men who inhabit those disparate worlds separated by the Atlantic. I think it was purely a case of disbelief:

Did I just sit through an entire contemporary film without spotting a single superhero? Without any overt violence, villains, sex and scandal? Was this simply a tender movie, rich with '50s period detail, about the isolation of the immigrant experience; about love, loss and growing up? Yes, it was. And critics were also nearly unanimously enchanted.

There was one decision, however, that I questioned. Ellis' den mother, played by the illimitable Julie Walters, helps her practise eating spaghetti, a delicacy that's she's never tried, to prepare Ellis for dinner with the family of her Italian-American boyfriend, Tony.

Ellis knocks their socks off, as she deftly uses her spoon to twirl the noodles around

her forks' tines — just like they do.

Now, some of you won't bat an eyelash to the above observation while others will be incredulous: no respecting Italian past the age of five uses a spoon to eat spaghetti.

To spoon or not to spoon? That is the question. After getting lost in culinary history — the invention, popularization and industrialization of pasta — I can't be certain. But Miss Manners has a strong opinion on the matter: "In the civilized world, which includes the United States and Italy," she wrote in 2005, "it is incorrect

to eat spaghetti with a spoon."

No matter, because all my research made me hungry for what could arguably be Italian Americans' greatest contribution to modern civilization: spaghetti and meatballs. (In Italy, meatballs, or polpetta, are served on their own, not in "Sunday gravy.") So, after whipping some up, we devoured huge bowls of it while watching *The Godfather II*, obviously. No spoons were required.

Jessica Allen is the digital correspondent on CTV's *The Social*.

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Speaking up only the start of recovery

DOCUMENTARY

Ex-NHL player still battles demons of sexual abuse

Liz Brown
Metro | Canada

It's been almost 20 years since former NHL player Sheldon Kennedy came forward with his story of sexual abuse at the hands of former Swift Current Broncos head coach Graham James.

In the years that followed, more victims shared their stories, James was jailed and Kennedy held up as a hero as he rollerbladed across Canada to raise money and awareness for sexual abuse victims.

Kennedy thought his disclosure would bring him peace, but the pain and trauma from those early years still haunted him as he battled alcoholism and cocaine addiction and had stints in jail.

At one point he found himself sitting with a gun, contemplating suicide.



Swift Current blends the stories of former NHL player Sheldon Kennedy and younger victims who came forward after one of Kennedy's public talks. It airs Saturday on Global at 9 p.m. ET/PT.

HANDOUT

"I think one of the biggest myths out there is once you tell your story, it's over," says Kennedy.

Swift Current, a new documentary about Kennedy and the struggles of sex abuse victims,

aims to dispel that myth.

"This film paints a very visceral and cinematic portrait of how difficult it is to recover from sexual abuse trauma," says the doc's director Joshua Rofé. At first, Rofé says that Kennedy was

reticent to work with him on the film, as he felt his story had already been told and there was nothing more to say.

But as their focus sharpened, they realized the story wasn't just Kennedy's, but a broader look at

66

This film paints a very visceral and cinematic portrait of how difficult it is to recover from sexual abuse trauma.

Director Joshua Rofé

the healing journey.

"I think that this doc is told in a way of how the issues have evolved," says Kennedy, comparing *The Sheldon Kennedy Story* — the documentary about his life made in the late '90s — to *Swift Current*.

"If we look at the film that was made 17 years ago, it was just telling a story that showed this stuff happens, but I think we're at a point now where I believe (*Swift Current*) talks about solution. It's about hope," he says.

Threaded through Kennedy's own recovery are the stories of two 21-year-old victims who spoke up at one of Kennedy's public talks at Durham College in Oshawa, Ont.

In front of 300 people, they told their own stories of abuse and asked Kennedy for help.

"These kids were dying to speak up," says Rofé, who felt compelled to include them in the documentary.

Rofé shows Kennedy sharing his story and helping these young victims deal with the aftermath of their abuse.

"The great comparison that Josh has made in this film is between them — they're 21 — and me, who's been grinding away trying to get healthy for 20 years; the two different places of recovery," says Kennedy.

Today, Kennedy is clean and works to advocate for better child protection policies in Canada and the U.S. and is the lead director at the Sheldon Kennedy Child Advocacy Centre in Calgary.

But he admits his recovery still requires day-to-day work.

"It's about having tools," he says.

"For me, that's attending meetings and advocacy, working out, and heading out to my farm to ground myself."

"What I'm good at is pushing for change and listening to the grassroots and pushing at the top to make things happen," he says.

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Blige encourages 'no more drama'

REAL TALK

R&B star to host inspiring Apple radio show for fans

R&B star Mary J. Blige is hoping she can offer love and support to those who "are sitting in their car in traffic about to jump out and kill somebody or kill themselves" with a positive and inspirational radio show.

The singer, who launched Real Talk this month on Apple Music's Beats 1 Radio, said she wants to motivate fans with her show — much like her songs have.

"So many people out there are hurting and there are so many people out there that need to be reached, and there are so many people I wish I could ... give a word of encouragement to," Blige said in an interview last week. "If I can reach somebody and say, '... You're beautiful and I go through the same things, too, and right now I'm thinking the same thing' — it means so much to them."

Blige, 44, added that if she "could have had Michael Jackson on a radio station back then, or had Janet Jackson talk to me when I was growing up, it would have meant the world to me."

Each episode of her show will be named after songs by Blige, whose hits include Not Gon' Cry, Real Love, Family Affair and No More Drama.

Her first show, My Life, looked back at her groundbreaking 1994 sophomore album of the same name.

"It was special to me because I got a chance to express to people that didn't know exactly what was happening during the making of the My Life album

and what I was dealing with," said Blige, who was battling drug addiction at the time.

"Although I've come a long way and I've recovered and I'm strong and no one's going to hurt me again — or I would hope that no one hurts me again — just the feeling, just the nostalgia, just the memories are all very vivid and the same."

Her next episode, debuting

Saturday and called Doubt, will include Demi Lovato, the 23-year-old singer-actress who entered rehab in 2010 to deal with an eating disorder, self-mutilation and other issues.

"It's really deep, it's really heavy, but it's really uplifting and inspiring. She speaks to a whole other generation that needs help, that's committing suicide every single day," Blige



Mary J. Blige, during Episode 3 of her new radio show, Real Talk. APPLE VIA THE ASSOCIATED PRESS

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INTERVIEW

Rick Ross talks new album and 50 Cent, Meek and Wale



Rick Ross is dropping new remixes. THE ASSOCIATED PRESS

For Rick Ross, it's been a juggling act for the self-proclaimed "bawse." The Grammy-nominated rapper is set to release his eighth album, Black Market, on Dec. 4, but his life is busy with more than just music.

What do you want listeners to take away from Black Market?

Black Market is the purest representation of me at my most comfortable form. The music is soulful and layered. It's so-

phisticated, but it's street.

You and 50 Cent had an exchange on social media recently. Why do you think he continues to attack you? You ever ask yourself that?

People still look at it as beef. Are you aware of his current financial status?

He filed for bankruptcy. And when companies and corporations usually file for bank-

ruptcy then, what?

You tell me.

You do that when it's over. It's called "when it's over." So rest in peace. R.I.P. Other than that, we are running around New York City (50 Cent's hometown) as we speak. The excitement in these streets for the new album, I'm dropping new remixes, I've been in the game since '06 and nobody has ever stepped on one of my sneakers. Not one, ya dig. That

speaks for itself.

There's a lot of talking and tweeting in this industry, but who really getting money? Don't ever get it twisted. You see Jay Z, you see Puff Daddy, and right around there somewhere, you see (Rick Ross) is in the starting lineup. We put new chlorine in the pool weekly. It's a lot of distractions that's meant to distract you from staying focused.

There was some friction be-

tween your label mates Meek Mill and Wale.

It came and went. When things have potential to (become) something that's a problem, then I may get involved. ...I know in 10 years, they will be the same executives, if they are no longer artists, giving the next generation the right input. ...My job is to make sure they don't take it (too far) ... which will never happen. I put my life on that.

THE ASSOCIATED PRESS

Alessia Cara's Here to show she's real

DEBUT ALBUM

Canadian teen scores record deal based on YouTube covers

Alessia Cara is quickly emerging as a breakout teen star but the singer is determined not only to avoid the pitfalls of celebrity, but to serve as a champion for those who feel out of place.

The 19-year-old won unexpected fame from her bedroom in suburban Toronto starting five years ago as she posted cover songs on YouTube, turning her rich soul voice on hits from artists including Lorde, Amy Winehouse and Taylor Swift, who recently invited her to perform at a concert.

Tongue-in-cheek

The covers, accompanied by tongue-in-cheek but strikingly accurate impressions of famous singers, led to a record deal with Def Jam, a prominent label best known for hip-hop, and Cara has spent the last two years writing an album.

Despite her fan base among teens, Cara picked the mature-sounding *Here* as the first single off *Know-It-All*, her debut album released on Friday.

On *Here*, set to an Isaac Hayes soul sample also used in the 1995 song *Glory Box* by English trip-hopers Portishead, Cara sings with poise of her dread at a party "under clouds of marijuana" and loud but dull music.

"Excuse me if I seem a little unimpressed with this / An anti-social pessimist, but usually I don't mess with this," sings Cara, in a voice that brings memories of Winehouse.

Single-minded

Cara insisted on *Here* as the first single, even though "everybody said it's not really safe enough for radio."

"I said I didn't care," she told AFP after an album release party held, appropriately, at YouTube's studio in New York.

"It showed a side of my personality and it was a good introduction to me as an artist," she said.

"I didn't want to be placed in an automatic category of 'teen pop star'... the usual stupid comparisons. I wanted to steer away from that and show people that I'm real."

Viral hit

The song built slowly into a viral hit after its release in April, fuelled by its popularity online.

Here has been streamed more than 65 million times on Spotify and viewed more than 21 million times on YouTube.

Cara credited the song's success to fans who quietly nodded to the message of social isolation at parties, a theme comparatively rare for mainstream teenage pop.

"They feel like I've given them a voice or a platform to say — 'We feel the same way. We're not feeling it either,'" she said.

Cara — fast-talking and quick-witted when discussing her music — has kept up her flow of covers, recently uploading a version of fellow young Canadian singer Justin Bieber's *Love Yourself*.

'Terrified' of fame

While not mentioning Bieber or other tabloid-headlining stars by name, Cara said she was determined not to wade too far into the minefields of celebrity life.

"I'm not interested in the whole fame side of things and I'm not interested in the spotlight," she said.

"I know a lot of artists say that, but I do mean it. I'm terrified of it."

"I think you've just got to keep the right people around you and hope for the best, and just hope you don't wind up like some other people who have unfortunately fallen to their demise a little bit," she said with a laugh.

Winehouse effect

Yet Cara cites as a model a musician who had a notoriously troubled and brief life.

Cara said that Winehouse offered an emotional poignancy with her tales of heartbreak, which the Canadian teenager had not felt directly.

"That's when I realized the power of music. I could feel something I've never gone through before." AFP



I'm not interested in the whole fame side of things and I'm not interested in the spotlight,

Alessia Cara



Canadian singer-songwriter Alessia Cara released her first album *Know-It-All* last week. AFP

Taboo... sex the naughty but nice show

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4 SURPRISES FROM BILLBOARD'S GREATEST ALBUMS LIST

Billboard's list of the top 200 "Greatest of All Time" albums was released recently, and there are some unexpected hits on it. Ranked by a points system, the albums that made it to No. 1 scored higher than those that hung onto a lower spot on the charts for weeks. Here are the biggest upsets from Billboard's list of chart toppers.

AMANDA VALENTOVIC METRO NEW YORK



1 Michael Jackson isn't No. 1

Michael Jackson's *Thriller* comes in at No. 3 behind 21 by Adele and the soundtrack to *The Sound of Music*. Even being the highest-selling record of all time wasn't enough to get MJ to the top, at least for Billboard.

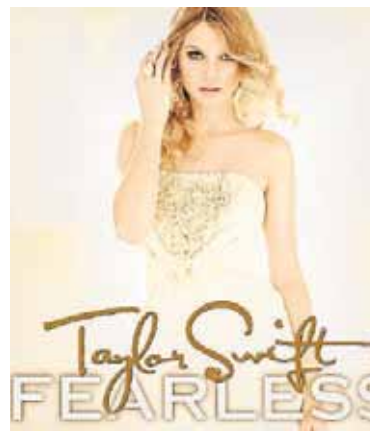


2 Soundtracks are more popular than you thought

The Sound of Music claimed the second spot on the list, and while it's the highest-ranked movie soundtrack, it's not the only one. *Doctor Zhivago* and 2013 phenomenon *Frozen* are in the top 20, and *High School Musical* is on the list at No. 51 — before the Beatles' highest-ranked album.

3 Fearless bested 1989

Four out of Taylor Swift's five albums are on the all-time list, but the highest-ranked one is not what you would think — *Fearless* took the fourth spot and Swift's self-titled debut came in at 18. Even though the 64th ranked 1989 took the end of 2014 and beginning of 2015 by storm, Swift's country music still won out.



4 Beyoncé is nowhere to be found

Beyoncé doesn't even make an appearance with *Destiny's Child*, but even more surprising is that her iconic late 2013 album, *Beyoncé*, didn't make the cut either. It was iTunes' fastest selling album ever, and has sold five million copies worldwide. It was also her fifth straight number one album, but still did not make the Greatest of All Time list.

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Amen! Sampling justice finally dealt

Alan Cross
For Metro Canada



In 1969, a DC soul outfit called The Winstons released a single called *Color Him Father*, which reached No. 2 on the Billboard Hot 100 and won a Grammy for Best R&B Song the following year. The B-side of that single received almost zero attention. Ten years later, though, that forgotten song dramatically changed the course of music.

Amen, Brother was an instrumental that riffed on a piece entitled *Amen*, written for a 1963 film entitled *Lilies of the Field* and then covered by The Impressions in 1964.

Once The Winstons recorded it, they immediately forgot about it — until they started hearing it again and again.

Starting in about 1980, a six-second snippet of the song — a drum break played by GC Coleman — began turning up in rap recordings.

As the decade progressed,



A snippet from the song *Amen, Brother* has been used by everyone from NWA to Slipknot, but until recently, its creators didn't receive any financial compensation. HANDOUT

these four bars were surgically excised from *Amen, Brother* and implanted into dozens, then hundreds and then thousands of new songs.

The *Amen Break*, as it became known, crept into hip hop, breakbeat, jungle, electronica, drums and bass, techno, industrial music, pop and rock as an often greatly manipulated loop of beats.

Coleman's beat was fed into digital recording software and

sped up, slowed down, stretched, distorted and otherwise manipulated.

Checking the WhoSampled database, the *Amen Break* has been used in no fewer than 1,871 songs, ranging from NWA and the Prodigy to Slipknot and Janet Jackson. You have most definitely heard it.

And how much were The Winstons compensated for having a piece of their song used as the basis for so many others?

What did they earn for helping to change the face of music? Zero. Nothing.

The Winstons' Richard Spencer — the holder of the copyright — could only shrug in dismay at this plagiarism.

It was flattering that so many people found these six seconds to be so useful, but shouldn't a little cash have come back to him?

Meanwhile, GC Coleman, the man who actually played those beats, died homeless in Atlanta in the fall of 2006.

A couple of British DJs, Martyn Webster and Steve Theobald, understood the injustice of the situation so they set up a GoFundMe campaign to raise some cash as compensation. People responded graciously.

Earlier this month, Richard Spencer was presented a check for £24,000 (about \$50,000 CAD). Hey, it's only a fraction of what's owed, but at least is something, right?

For more, go to AJournalofMusicalThings.com or follow me on twitter at @alancross.

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Steve Gow
For Metro Canada

Sarah Silverman may have grown up in New Hampshire, but the popular comedian certainly relates more to New York — in particular Lower Manhattan, where she blossomed as an edgy standup comic. While her upcoming, critically acclaimed drama *I Smile Back* and a new HBO comedy special (premiering Nov. 23) have kept her busy lately, Silverman always gets back to the city that makes her “heart just swell.” We caught up to uncover her ideal day in *The Big Apple*.

Brunch at the deli

Begin your day with a late-morning brunch at B&H Dairy (facebook.com/BHDairy-KosherRestaurant) — an East Village staple for more than seven decades. “It’s a tiny hole-in-the-wall,” laughs Silverman, of her go-to daytime diner.



Washington Square Park in Greenwich Village is the ideal spot for people-watching. iStock

The Comedy Cellar is like my home, I love it.

“They have the best soup, the best challah bread and it’s a kosher deli. I have no religion at all, but I am a vegetarian so it’s the only matzo ball soup I can eat because it’s not made with chicken fat.”

Walk in the park

“My favourite thing to do

in the world is just walking the streets of New York,” admits Silverman. But nowhere is patrolling the pavement better-suited than nearby Washington Square Park in Greenwich Village (washingtonsquareparkconservancy.org).

Notably renowned for the

iconic 123-year-old Washington Square Arch, this gorgeous urban garden plays host to everyone from students to street performers to chess enthusiasts, making the historical square once known for public executions now the ideal spot for people-watching.

Dinner with Frank

A mere 12-minute stroll back into the East Village will land you at Silverman’s favourite supper stop. A small, uncompromising eatery, Frank (frankrestaurant.com) boasts an astonishing wine list and serves up authentic Italian entrees like Rigatoni al Ragù for a reasonable price.

“It’s loud, it’s small, you can’t have any adjustments on your order (and) it’s cash only — it’s one of those places,” says Silverman. “But it is the best Italian food in New York City.”

Laugh the night away

Make your way back to Greenwich Village to finish your evening rolling in the cramped aisles of Silverman’s favourite comedy club.

“The Comedy Cellar (comedycellar.com) is like my home, I love it,” explained Silverman of the legendary basement bar where one can often catch surprise sets by the likes of Chris Rock or Louis CK.

Afterwards, Silverman suggests winding down around the corner at their sister club *The Village Underground*. After all, “that’s where all the comics hang out.”

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GIFT SUGGESTIONS FOR THOSE ON THE GO

Wondering what to get the traveller on your holiday list? Here are a few ideas:

1 Multi-tool wonder

Move over, Swiss Army knife — there is a new multi-tool available this season and you can wear it on your wrist. Worn as a bracelet, the Leatherman Tread is 25 tools in one; each link of this bracelet is a stainless steel implement, from various-sized screwdrivers to a bottle opener to a pick/SIM card tool. It is designed to be customizable with slotted fasteners so you can rearrange links, add new ones, and adjust to your wrist size. Available for \$155 at Mountain Equipment Co-op or online at mec.ca.



2 Haulin' it

If your special someone needs new luggage, Bentley's black and red Air Canada Quest Hardside Spinner conforms to Air Canada flight regulations. Each component of the three-piece luggage set is designed with four spinner wheels, two zippered compartments, tie-down straps and a telescopic handle. The pieces are sold separately; the carry-on retails for \$109.99 CAD, the 24" for \$119 and the 28" for \$139. If you purchase online at shop-bentley.com the shipping is free.



3 No ordinary towel

Discovery Trekking's ultra fast-dry towels have silver anti-microbial technology, which makes them odour-resistant. They fold up compactly to slip into a suitcase or carry-on bag and are multifunctional; they can also be used as a sarong, a scarf and a travel blanket for the car or plane. See discoverytrekking.com.



4 Memories

With a Travelzoo.ca gift certificate you are not only giving some unique travel experiences, but you are saving money. A stay at the Auberge Saint-Antoine in Quebec City, voted one of the best hotels in the world by Travel + Leisure Magazine, is \$179 (a savings of 35 per cent), dinner for two at Bauhaus in Vancouver, featuring a tasting menu by a Michelin-starred chef will set you back \$120 (a savings of 45 per cent) and a Niagara-on-the-Lake Culinary Walking Tour for two is only \$55 (a savings of 44 per cent). **LOREN CHRISTIE/FOR METRO**



5 A good flight's rest

Looking for a cheap and cheerful stocking stuffer? Colourful and practical, an Austin House memory foam neck pillow is perfect for sleeping on an airplane. The fleece is removable and washable. Pick one up at Staples or your local CAA office.



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Toys to change how kids play

Jen Taplin

The gift-giving challenge is on — finding and picking out those just-right presents for our little ones, while ensuring we check off “everything” on their holiday wish lists.

We want to put something under the tree that our kids will go nuts over, while making smart choices, so gifts aren’t tossed aside before Boxing Day.

It’s a challenge toy companies embrace, putting their best products forward to help parents — and aunts, uncles, grandparents, whoever — wrap up the ideal gifts for kids.

A team from Toys “R” Us Canada spends the year tracking worldwide trends in preparation for its annual holiday hit list, said company spokesman Tamar Nersesian.

“Many of the toys on our

holiday hot-toy list are changing the way kids play, using the latest innovations to make toys more interactive, endless, responsive and personalized than they have ever been before,” Nersesian said.

Here are some of the toys that made the hot list:

Mega Bloks Despicable Me – Build-A-Minion (\$69.99, Toys “R” Us); the Little Live Pets Clever Keet — that sings, dances and drives its own cart (\$74.99, Toys “R” Us); Nerf N-Strike Modulus ECS-10 Blaster (\$64.86, Walmart); and the LEGO Star Wars Millennium Falcon (\$179.86, Walmart).

David Niggli, president of the American catalogue company Chasing Fireflies, said personalized toys are extra special because they can be kept as keepsakes. They have a Design Your Own Princess Dress, plus a line of personalized plush toys.

“I think parents and kids are looking for things that spark their creativity and imagina-

tion, and also allow them to be part of creating the play pattern,” Niggli said.

Parents want more from toys than simple entertainment, said Diane Goveia-Gordon, president at MGA Entertainment Canada.

“We are seeing a lot of demand from parents for toys that teach S.T.E.A.M. (science, technology, engineering, art, and math),” she said. Goveia-Gordon highlights Project Mc2 fashion dolls (\$29.99, Toys “R” Us), which come with experiment kits so kids can build their own lava lamp or volcano.

Other heavy hitters in the MGA line up this year include the Little Tikes Lil’ Explorers Three-in-One Adventure Course

(\$79.90, Amazon.ca) for little ones, and the Bratz #SelfieSnaps Photobooth (\$68.86, Walmart) for older girls.

Mattel has an arsenal of best sellers, but there are a few that really stick out as sure bets this year. Riza Javellana, spokeswoman with Mattel Canada, said classic toys which provide open-ended play are the go-to this year.

“Open-ended play allows each child the freedom to make play their own without rules or requirements,” she said.

Top picks are the Fisher-Price Smart Toy-Bear (\$124.99, Toys “R” Us), the Hot Wheels Ultimate Garage (\$149.99, Toys “R” Us) and the Barbie Saddle ‘N Ride Feature Horse (\$59.97 Walmart).

Hasbro’s list of top sellers this season is what the toymaker calls interactive and face-to-face, including: Playmation Marvel’s Avengers (\$119.96, Amazon.ca); the Pie Face game (\$19.93, Walmart); and Play All Day Elmo (\$59.94, Walmart).

Catherine Belknap and



Natalie Telfer, who operate a mom’s online club called Social Common, test drove toys for Fisher-Price.

“Toys that are innovative, and encourage both imagination and physical activity are the big trend,” Belknap said.

Telfer said they really like Bright Beats Dance & Move BeatBo (\$49.99, Toys “R” Us).

“It’s perfect for creating a family dance party,” she said.

Kids want toys that are fun while parents are on the lookout for durable toys that both educate and encourage imaginative and physical play, Telfer said.

- 1 Project Mc2 Fashion Dolls (\$29.99, Toys “R” Us)
- 2 Bright Beats Dance & Move BeatBo (\$49.99, Toys “R” Us)
- 3 Playmation Marvel’s Avengers (\$119.96, Amazon.ca)



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COMMUNITY SPOTLIGHT

Taking a chance on a kid

When Connor moved to Edmonton in 2010, he found the perfect opportunity to volunteer; he became a Big in School.

"I've loved it since day one," Connor says. "At first, I didn't really know what to do with the students, but I learned pretty quickly that we could work on their homework and then go do something fun."

One of the unique aspects of the program is the 20-20-20 rule. Bigs and Littles spend 20 minutes chatting, 20 minutes on homework or reading, and the last 20 minutes playing.

"We play board games, have access to the gym," Connor explains. "We've baked together, or gone outside and played soccer or football. And of course I help my mentee, with his homework."

Connor enjoys the structured school setting for mentoring; Boys & Girls Clubs Big Brothers Big Sisters has a School Based Facilitator onsite to provide support throughout the match.

During his time as a Big, Connor has worked with three mentees, all of whom started out really shy. "You just have to slowly work your way in and let him know it is okay to be themselves."

Changing a child's life isn't as dramatic as it sounds. "You help them make small changes that will lead to bigger changes in the



future," Connor explains. "It's like a ripple effect."

Plus, it adds to the mentor's quality of life. "I feel like I'm giving back to the community in a meaningful way, helping a future generation of citizens. As a mentor, I can give support to these kids where I may not have had the same support growing up."

Connor has a message for anyone unsure about volunteering: "You have to take a chance and go for it. The most important thing is that you're interested in spending time with these kids."

Learn more about Bigs in Schools at bgcbigs.ca/bigsinschool/

Does mentoring make a difference?

Mentors are simply an additional caring adult who spends time with a child. Studies show impressive outcomes.

78 percent of children who came from a social assistance background do not rely on social assistance as adults.

64 percent of students with a Big in School had a more positive attitude towards school.

58 percent earned higher grades.

Littles show improved confidence and sense of hope, better school attendance, and have better social and communication skills.

Plus, they are 80 percent more likely to finish high school and 46 percent less likely to get into trouble.

Want to make a difference like this in the life of a child? As little as one hour a week is all it takes. Learn more at bgcbigs.ca/bigsinschool/.

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Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area

Bungalow living now a real Triumph

Homes designed with your lifestyle in mind

By keenly tuning in to the wants and needs of mature Albertans, local builder StreetSide Developments has revisited bungalow living and designed a collection of homes that is nothing short of triumphant. In fact, they have called these amazing new homes just that: Triumph Bungalows.

As the lifestyle division of real estate giant Qualico, StreetSide is backed by more than 60 years of residential construction experience. The insight of such an established parent company allows StreetSide to prioritize maintaining the highest standards of construction without sacrificing style or design. This makes for a builder that is uniquely equipped to carefully fine-tune your home, meeting your lifestyle needs at every level.

Streetside's Triumph Bungalows are currently under construction in charming, planned cul-de-sac communities in

southwest Edmonton and Summerwood in Sherwood Park.

"We saw enormous success with our inaugural collection of single family bungalows in Langdale — they sold fast, and we're wrapping up construction there," says sales and marketing manager, Barb Lee. "In order to accommodate the demand, we're now building Triumph Bungalows in neighbouring Ambleside."

Select lots here back on to a beautiful pond and paved pathway, along with all of the conveniences of Windermere's Currents Shopping Centre just a stroll away.

Each Triumph project is architecturally themed with a distinct look and feel to coordinate with the surrounding neighbourhood, but the interior can be customized according to your sensibilities.

"Finishes like granite in the kitchens, wrought iron railings, hardwoods and high



Ambleside in Windermere Show Home at 1806 Ainslie Ct. CONTRIBUTED

ceilings are standard, but the colour selections are up to each owner's preferences," Lee says.

If nothing else, these spectacular show homes are worth a visit just to experience the evolution of bungalows: from a modest ranch style, to these glamorous homes with features like walk out basements and nine-foot ceilings.

Luxurious master suites and spacious great rooms anchored by large kitchen islands are hallmarks of the Triumph line. Thoughtful basement development options create functional extra space for family, guests and lifestyle activities.

The next step for Triumph? A collection of

maintenance-free Bungalows in convenient South Ambleside.

"The single-family homes are so gorgeous, and our clients gush about how livable they are. However, we've learned that something many bungalow seekers are looking for is a specifically low-maintenance lifestyle," Lee says.

Triumph Ambleside still offers spacious plans, with both traditional and open-concept living options. You certainly won't be compromising on your master suite (look for Triumph's signature towering windows, massive walk-in closets and luxurious bathrooms), and there is additional flexible space available with Triumph's basement development options.

"They're true to the high standards we've set with our single-family Triumph Bungalows. The difference here is that all the landscaping, exterior maintenance, snow shovelling — that will all be taken care of for you," says Lee. This leaves you free to relax on your generous, sociable rear deck.

Triumph Bungalows are truly unmatched in style and quality. Whether you enjoy tending to your garden or prefer to wake up to an already-shovelled driveway, there is a Triumph collection for you.

To learn more about these homes, visit TriumphBungalows.com, or swing by a Triumph show home this weekend.

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- **Single Family Bungalows** call 780.984.6768
Summerwood in Sherwood Park
Ambleside in Windermere, Edmonton



Josh Donaldson became just the second Blue Jay to be named the American League's top player.

NATHAN DENETTE/
THE CANADIAN PRESS

Votes pour in for Bringer of Rain

MLB

Writers agree with Toronto fans' MVP chants

Josh Donaldson heard the MVP chants rain down on him from the Rogers Centre crowd for much of the 2015 season.

While Toronto fans got their wish Thursday night as the Blue Jays third baseman was named the American League MVP, Donaldson said he never let the crowd noise affect his play.

"I remember the first time I heard it and it was kind of like, 'OK these guys are starting to get pretty serious about what's going on here,'" Donaldson said on a conference call. "I recognized that I was having a pretty good season at the moment ... but I understood too that there was a lot of season left and my goals aren't necessarily to win MVPs but to help my team win."

"When I was in Oakland (the fans) started (chanting) for me as well and sometimes I would almost let it become a distraction — not to the point where I

was nervous about them chanting that, but I wanted to come through so much for them ... I would almost put more pressure on myself," he added.

"This year I understood ... I stayed focused on the task at hand, which was winning games, and I was able to accomplish that."



The best of the best!!! Without a doubt!!!

Jose Bautista (@JoeyBats19) in a tweet after Donaldson won AL MVP

Donaldson hit .297 with a league-best 123 runs batted in to help the Blue Jays to their first AL East title — and first playoff appearance — since 1993.

The 29-year-old beat Los Angeles Angels outfielder Mike Trout for the honours.

What was characterized as a close race leading up to Thursday's announcement turned out to be an easy win for Donaldson, who took 23 first-place votes and seven second-place votes.

Washington Nationals outfielder Bryce Harper was a unanimous choice as National League MVP. Harper became the youngest unanimous MVP winner in baseball history, capturing the NL award despite his Washington Nationals missing the playoffs.

Harper turned 23 on Oct. 16, after the playoffs had already started. He got all 30 first-place votes from members of the Baseball Writers' Association of America.

Donaldson joined 1987 winner George Bell as the only Blue Jays players to be named AL MVP.

"Enjoy the club, man," Bell said in a video message sent out by the Blue Jays. "I'm glad for you, for your family and for Toronto Blue Jays fans."

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

+ COUNTING THE BALLOTS

Josh Donaldson (23) 385

Mike Trout (7) 304

Lorenzo Cain (0) 225

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Draisaitl's development will comfort struggling Oilers


THE HOCKEY NEWS
Ryan Kennedy
FOR METRO

When the Edmonton Oilers drafted Leon Draisaitl third overall in 2014, they knew they were getting a good player.

Heck, some NHL execs I spoke to that year believed the big German centre could have gone first overall (though the honour actually went to defenceman Aaron Ekblad). In Draisaitl, scouts saw a franchise type of player who could produce thanks to his hands and his size.

Oftentimes, those players don't hit right away — it takes time for them to gain man strength and make an NHL impact. Joe Thornton and Vincent Lecavalier are perfect examples and really, if Draisaitl has a career like either of those two gentlemen, he'll be a happy guy.

This season has been excellent for Draisaitl, a total turnaround from his rookie campaign where his minutes were sheltered and points were tough to come by.

Here's my pet theory: going back to junior was a master stroke by Edmonton. I know, not exactly a new concept, but Draisaitl had never had much team success in North America before.

He was the superstar on an OK Prince Albert team in the WHL before making his NHL debut last season, but when the Oilers sent him back down after the new year, his rights had been

traded to Kelowna, class of the league.

With the Rockets, Draisaitl pumped home points and won a WHL

title, ultimately helping Kelowna to the final of the Memorial Cup before falling the OHL's Oshawa Generals in a classic overtime championship game.

As Draisaitl told me during that tournament, expectations in Kelowna were much higher than in Prince Albert or Edmonton — the Rockets ex-

pected to be the best. This was great for him, as were the assembled weapons around the German.

Nick Merkley, who would go to Arizona in the first round of the 2015 draft, was a potent linemate with great speed and hands. Kinda like Draisaitl's new running mate, Taylor Hall.

Draisaitl and Hall have been money for the Oilers, even if the wins aren't coming. Draisaitl's 14 points in nine games are exponentially better than the nine points he put up in 37 games with Edmonton last year (which, alas, disqualifies him from Calder trophy eligibility this season).

and his overall impact is much greater. And to think, he's only going to get better with age.



Leon Draisaitl
JEFF GROSS/GETTY IMAGES

NHL IN BRIEF

Penguins edge Colorado

Sidney Crosby and Evgeni Malkin scored to help the Penguins beat the Colorado Avalanche 4-3 on Thursday night in Pittsburgh.

David Perron and Chris Kunitz each scored their third goals. Tyson Barrie got his first goal this season and Matt Duchene scored twice for Colorado.

THE ASSOCIATED PRESS

Hat trick for Eriksson

Loui Eriksson scored three goals and the Bruins beat the slumping Minnesota Wild 4-2 on Thursday night in Boston.

Eriksson wrapped up his third career hat trick when he converted a perfect give-and-go from David Krejci.

THE ASSOCIATED PRESS

Sharks nip Flyers in OT

Melker Karlsson scored 3:45 into overtime and Martin Jones made 34 saves in his third shut-out of the season, giving the San Jose Sharks a 1-0 victory over the Flyers on in Philadelphia Thursday night.

THE ASSOCIATED PRESS

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RECIPE Grilled Ham Apple and Cheese Sandwich



PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh For Metro Canada



You made it to Friday! And you totally deserve this amped up grilled cheese with salty ham and sweet apple.

Ready in

Prep time: 10 minutes

Serves 2

Ingredients

- 4 pieces whole grain bread
- 2 Tbsp butter, softened
- 4 slices ham
- 1 cup cheddar, grated
- 1/2 Granny Smith apple, thinly sliced
- 1 Tbsp mayonnaise
- 1 Tbsp yogurt
- 1 tsp Dijon mustard

Directions

1. Mix the mayo, yogurt and mustard in a small bowl.
2. Warm up a large skillet to

medium heat. Butter one side of two pieces of bread and place them bread butter side down in the pan. Spread the mayo mix evenly across the upward facing slices while they're in the pan.

3. Divide the grated cheese in half and sprinkle it over the bread. Now lay two slices of ham onto each piece of bread. Now add a layer of apple slices. Top with the other pieces of buttered bread, butter side out.

4. Place a small frying pan or plate over the sandwiches and then top it with something heavy, like a can of tomatoes. Check to see if it's ready to flip after the first piece of bread has been in the pan for about five minutes. When it looks crisp and golden, flip over and repeat the pressing action. Cook on the other side about another five minutes, but keep an eye on it. Remove sandwiches from the pan, slice in half and serve.

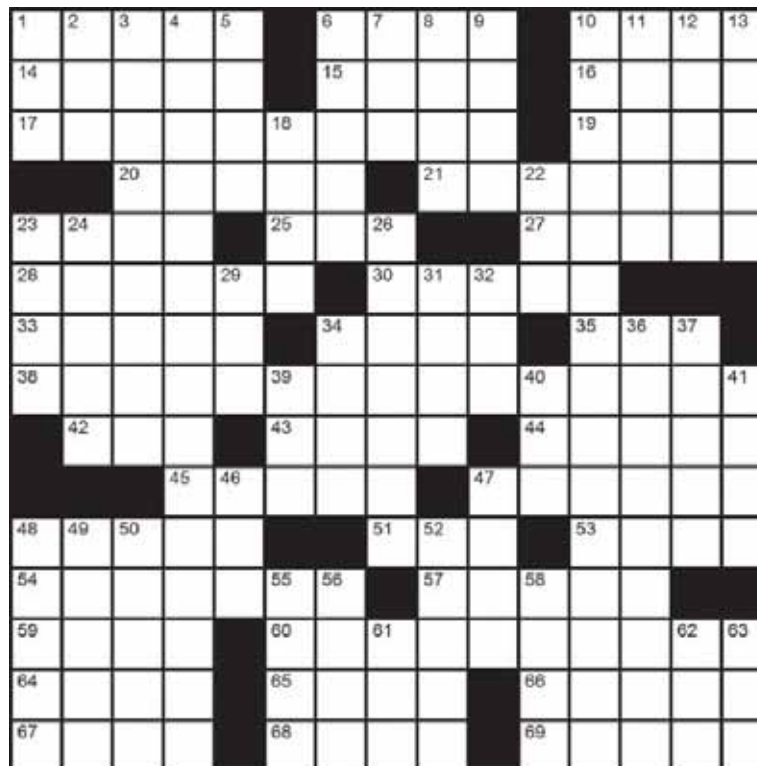
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Glassmaking ovens
6. "___ with Anna Olson" on Food Network Canada
10. Nature's green carpeting
14. Projecting window
15. Online auction site
16. Tom Jones' "___ Should Ever Leave You"
17. Hit tunes, TV shows, Bestsellers, etc.: 2 wds.
19. Talk
20. Springy sticks
21. Driveway surface
23. Hershey's treat
25. "Case of the Ex" songstress
27. Willie of '80s sitcom "Charles in Charge"
28. "See? Isn't that eggsactly what I said?": 2 wds.
30. Wire
33. "Family Ties" mother
34. US crash-investigating agcy.
35. Calif. NBA team
38. Traditional handcrafted blankets: 2 wds.
42. Sun. church delivery
43. Amazes
44. Piece of land
45. Greek mythology shield
47. Band-Aid injury
48. Mine entrances
51. '1000 Forms of Fear' songstress
53. "The Lion King"



- (1994) lioness
54. Canadian city with the slogan 'Our Tide Is Rising'
57. ___-examination
59. Sacred symbol of ancient Egypt
60. Persuasive market spiel: 2 wds.
64. Lacquered metalware

65. "Lean ___" by Bill Withers
66. "Be ___ and get..." (Sugary request starter)
67. Angry snits
68. Without
69. Flavour-adders to dishes

DOWN

1. Shear
2. 'Ranch' suffix
3. Montreal... Louis-___ Lafontaine Bridge-Tunnel (St. Lawrence River crossing)
4. Sound effects from the DJ's turntable: 2 wds.
5. Garden invader
6. American flag

- seamstress, ___ Ross (b.1752 - d.1836)
7. ___ Dhabi
8. Songwriter Ms. DioGuardi
9. Optometrist's study
10. Toronto-born actor whose credits include "Total Recall" (1990), "The Perfect Storm"

- (2000) and Canadian outlaw biker gang miniseries "The Last Chapter": 2 wds.
11. Slice ___ (Carnivore's sandwich ingredient)
12. Sedimentary rock
13. Cobblestones
18. Casa ___ (Toronto attraction)
22. Chum
23. Footprint
24. Caffeine nuts
26. Rachel McAdams' profession
29. Repeated word in "She Loves You" by The Beatles
31. Questions
32. Lettered sauce
34. "___ get it!" (Aha! moment)
36. Carving material
37. Mil. rank: 2 wds.
39. "___ the Dog" (1997)
40. ___-Aztec languages
41. Plato's promenade
46. Cornerstone abbr.
47. Taverns
48. Family of Italian violin makers
49. Blood giver
50. Linen tape for trimmings
52. Slurpee-like frozen beverages
55. Bears: Spanish
56. Cute-style grandmother
58. Colourful fish
61. Alphabetic trio
62. Taxi
63. Timecard abbrs.

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Know when to push for what you want but also when to back off. With both the Sun and Mercury moving into one of the best areas of your chart it won't take much to get the good things in life.

Taurus April 21 - May 21
It will be easy to get impatient today but with Mercury's entry into the area of your chart that governs joint financial matters you'll need all your energy for more important issues.

Gemini May 22 - June 21
Work hard but once you reach your targets reward yourself with plenty of rest and relaxation. Also, don't be too eager to confide your fears to people you don't know if you can trust.

Cancer June 22 - July 23
Bring what you've been working on to a conclusion and you will have accomplished something truly worthwhile. The Sun in Scorpio unleashed the creative side of your nature — now enjoy the rewards.

Leo July 24 - Aug. 23
You will have to deal with a rather emotional situation today, one that threatens to bring grievances to the surface. You must face your inner demons as well as external enemies.

Virgo Aug. 24 - Sept. 23
You will be remarkably persuasive today: your way with words will win over everyone. You will also have to deal with situations that call for a more hands-on approach.

Libra Sept. 24 - Oct. 23
Money doesn't have to be the center of your universe but you do need to make sure you get what you deserve. You've worked long and hard — don't let others take the benefits from you.

Scorpio Oct. 24 - Nov. 22
Do something dramatic before the Sun moves out of your birth sign on Sunday. Any doubts you've had must be swept away. If it feels right to you then it does not matter what the rest of the world thinks about it.

Sagittarius Nov. 23 - Dec. 21
There is something you need to clear up before the Sun moves into your sign at the weekend. This is the one and only chance you will get, so don't waste it.

Capricorn Dec. 22 - Jan. 20
You may be wondering why everyone is being so nice but don't let your doubts hold you back. You are liked and everyone wants to help.

Aquarius Jan. 21 - Feb. 19
You may be a recluse but you need to get engaged with the world. If you approach someone in a position of power with a request there is every chance it will be granted, so what are you waiting for?

Pisces Feb. 20 - March 20
Your confidence has been sky-high and you certainly won't be afraid to take chances. That the possibility of failure never enters your mind means that success is more likely — maybe even guaranteed.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

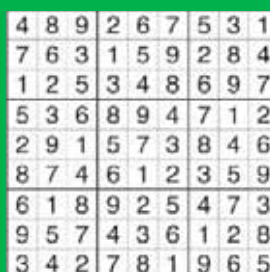


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